



## 5 Takeaways

### Understanding the Microbiome Series - Fats & Keto Diet

with Katrine Whiteson, PhD

Chancellor's Fellow and Associate Professor, Molecular Biology and Biochemistry, UCI School of Biological Sciences & Pediatrics, UCI School of Medicine

#### 1. Intro to Macronutrients:

Fats are essential macronutrients that play crucial roles in the body, and the ketogenic diet is a dietary approach that emphasizes high fat intake, moderate protein intake, and low carbohydrate intake. A low carb, ketogenic diet can induce a metabolic state called ketosis, where the body shifts from using glucose as its primary fuel source to using protein, fats and ketones.

#### 2. Impact on Health and Metabolism:

The keto metabolic shift may have potential benefits for weight loss, metabolic health, and cognitive function. People with epilepsy have used ketogenic diets to reduce treatment-resistant seizures since the 1920s; people with diabetes are succeeding in reducing blood sugar spikes with low carb diets too.

#### 3. Practical Implementation:

Implementing the ketogenic diet requires careful attention to food choices, macronutrient ratios, and meal planning. Emphasizing healthy fats, leafy greens, and low carb vegetables while incorporating microbiome-friendly ingredients can support success on the keto diet.

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#### 4. Keto & Microbiome:

The gut microbiome, consisting of trillions of microorganisms, plays a vital role in digestion, nutrient absorption, and immune function. Changes in dietary patterns, including the ketogenic diet, can influence the composition and function of the microbiome, which may have implications for health outcomes.

#### 5. Individual Variation and Further Research:

Responses to the ketogenic diet and its effects on the microbiome can vary among individuals. More research is needed to fully understand the mechanisms underlying these interactions and to optimize dietary recommendations for individual health goals and preferences.

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