



# WHAT IS KETO?

[www.KetoLifestyleForWomen.com](http://www.KetoLifestyleForWomen.com)

Keto is short for ketogenic diet

A keto diet is a high fat, low carb and moderate protein

A keto diet uses fat as fuel instead of sugar as fuel when no glucose/carbs are available

Ketones are made by the liver from fats

Ketones are a very clean and efficient fuel source

Some awesome benefits of the ketogenic diet are:

- Decreased sugar cravings
- Increased energy
- Fat loss
- Reduced inflammation
- Mental clarity
- Improved memory
- Improved skin
- Minimize risk for chronic disease
- Slow down the aging process

