

# The Keto Diet Is Popular, But Is It Safe?



HealthDay News) -- Fatty cuts of meat. Thick slabs of cheese. Stacks of bacon.

These are a few of the keystones of the trendy "keto" [diet](#), a high-fat, low-carbohydrate eating plan that's sweeping the nation.

The [diet](#) is intended to alter your body's metabolism, putting it into a state called ketosis, explained Melanie Boehmer, a registered dietitian at Lenox Hill Hospital in New York City.

The [human body](#) normally relies on carbohydrates for most of its quick energy, but in ketosis the body shifts its primary focus to burning fat.

"When you put your body intentionally in ketosis, your body becomes incredibly efficient at burning fat for energy," Boehmer said. And that translates into lost pounds.

But nutritionists caution that the diet is challenging to follow and doesn't include many nutrient-rich vegetables and fruits. Also, it may pose possible heart risks, especially for folks who have [heart disease](#).

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## Frenzy of the Season with Soccer Thrown in.

*We have had a heat wave during a short stretch*

*It was stifling, humid and so hard to take*

*But thankfully we have the World Cup Soccer to watch*

*Confined to the couch with cooled drink in the hand made it easy to take*

*The venues and the opening ceremonies were beautifully rich Starting with line ups so solemn; as they knew what was at stake*

*Winner takes the plum and will reach the home-stretch*

*To battle on and fight to the finale Into the melee much play acting has come forth*

*Players falling on the ground feigning injury so fine*

*From dying dispositions to the miraculous recovery forthright Looking for penalties and some needed respite*

*But battle they did till the end of the match*

*With no quarters asked or given till they reached their desire*

*Unfortunately, the match requires a decision that is right*

*There's no doubt all teams will give of their best & the best shall prevail*  
*Noor Rahim*



## Packs a Vitamin Punch

This cousin to broccoli is bursting with health benefits. It has a lot of vitamin C, which can do everything from lower your cholesterol and improve blood flow to help control your blood sugar. It's also a good source of vitamin K, which strengthens bones and clots your blood. And it's both high in fiber and folate, a B vitamin with antioxidants.

FEATURED QUIZ

## Risks of Atrial Fibrillation

In people over 80 years old, atrial fibrillation is the direct cause of 1 in 4 strokes.

[TAKE THE](#)

QUIZ

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## Plays Well With Others

Thanks to its mild flavor and easy-to-work-with texture, cauliflower goes great with so many dishes. It can shine front and center or take the place of high-calorie starches. There are just 25 calories and 5 grams of carbs in one cup.



## Keep the Crunch

As with all veggies, try not to overcook these guys. The more heat, the less nutrition, flavor, and crunch. Try roasting, steaming, or sautéing. Then again, on occasion, a deep-fried floret dipped in ranch dressing is a great comfort food.