

**25<sup>th</sup> International Conference on  
HUMAN METABOLIC HEALTH- DIABETES, OBESITY & METABOLISM  
&  
2<sup>nd</sup> World Congress on  
NUTRITION AND OBESITY PREVENTION  
March 21-22, 2019 Dubai, UAE**

## The ketogenic diet

**Aastha Kalra**

Weight Zero MD, USA

A low-carb diet is a diet that restricts carbohydrates, such as those found in sugary foods, pastas and bread. It is high in protein, fat and healthy vegetables. There are many different types of low-carb diets, and studies show that they can cause weight loss and improve health. A specific low carbohydrate diet that has received a lot of media attention lately is ketogenic diet. The Ketogenic Diet (KD) is a very low-carbohydrate (<10% of energy), high-fat (>60% of energy) and adequate-protein diet that without limiting calories induces a metabolic condition called physiological ketosis involving increased levels of circulating ketone bodies. Low carbohydrate diets in general have therapeutic value in a range of diseases such as type-2 diabetes, polycystic ovary syndrome, neurodegenerative diseases and are currently being investigated. Moreover, low carbohydrate and KDs recently have become quite popular as a weight-loss diets. The field of weight and obesity is evolving and changing. The World Health Organisation (WHO) and various national authorities have recently made recommendations urging a limitation of the daily consumption of carbohydrates, more specifically that of rapidly digestible starches and sugars. These recommendations play a key role in reducing the risks of obesity, diabetes and cardiovascular diseases. Low carbohydrate diets work well especially in the case of insulin resistance. However, each patient is different and unique. It is very important to follow with a physician when beginning or while on a ketogenic diet.

## Biography

Aastha Kalra is board certified in Internal Medicine. She has completed her Residency in Internal Medicine at Hofstra University, NorthShore LIJ Health System in New York and thereafter served as Chief Resident in Internal Medicine for a year. Her skills extend beyond traditional medicine to include a special interest in obesity. She is Founder Physician of Telemedicine startup, Weight Zero MD which is a virtual clinic leveraging technology focusing on reversal of metabolic syndrome.

Aastha1981@gmail.com

## Notes: