



KETO & FASTING

The ketogenic diet and intermittent fasting have more in common than you may believe. When combining the two practices, they may be able to synergistically work together toward common goals of fat loss and improved metabolic health.

Despite the differences in the diets, they have two big similarities: both increase ketone production and can also burn the body's fat stores.

Intermittent fasting is exactly what it sounds like: not eating for a certain period of time. On the surface, cutting out meals for a set period of time seems beautifully simple. But new research is advancing our knowledge of the best timing for meals and the helpful changes to our biology that occur during fasting.

Ketone production burns the body's fat stores.

The ketogenic diet has been around for several decades, but has gained increasing popularity over the last several years. While some diets encourage consumption of fewer calories, the ketogenic diet is based on low carbohydrate intake rather than focusing on calorie intake. Keto can be described as a low-carb, high-fat diet which induces production of ketones from fat, leading to a state of ketosis.

Although there are not restaurants labeled as Keto, **The Detox Kitchen**, founded by Lily Simpson, offers a programme of five tasty packages that are all free from wheat, dairy and refined sugar – although natural sugars found in fruit, raw honey and other natural sweeteners are allowed. **Eat Evolve** is another delivery service that markets itself as free of processed sugars. more often or the same amount once things return to the “new normal.” This is good for both mental and physical health.

We eat healthier when we eat together, and more frequent family meals are associated with better dietary and family functioning outcomes. This was reflected in the FMI data: 71% of those eating in-person meals “feel more connected” to their families since the pandemic started.