



## A top-down view of various keto-friendly foods arranged around a central chalkboard that reads "Keto Diet". The foods include meats like salmon, chicken, beef, and pork; seafood like shrimp and a whole fish; eggs; cheese; butter; oil; and vegetables like broccoli, spinach, and Brussels sprouts.

A ketogenic diet—keto—is a healthy diet that comprises low carbohydrates and high fat. It's designed to boost your energy levels while helping your body to lose weight. According to research, keto is particularly helpful in promoting transient, healthful changes in metabolism (physiological ketosis), resulting in weight loss!

Since the [Ketogenic Diet](#) replaced carbs in your diet with fat, the body simply resorts to ketones, which are gotten from stored fat, as an alternative fuel for all the body cells — a

condition termed ketosis. Ketosis occurs when ketones accumulate in the blood. It's a normal metabolism function that effectively burns fat in the body and can significantly reduce blood sugar and insulin levels, thus aiding weight loss!

One good thing about the keto diet is that its high-fat content is extremely filling and suppresses food cravings. This makes it relatively easier to follow. In addition, the high-calorie expenditure associated with the conversion of protein and fat into glucose further contributes to a reduction in weight in the long run!

Keeping track of your weight loss progress would help keep you going, even when it might seem challenging. Interestingly, the [Strive Weight Loss Challenge App](#) is designed to help you do just that. With the Strive app, users can track essential indexes like body fat percentage, body mass index (BMI), calorie count, and more. That's not all; users can also monitor their weight by connecting the app to a smart scale!