

Home / Wellness / Food

Keto-Friendly Sweeteners

These sugar-alternatives are compatible with the ketogenic diet.



By Elaine K. Howley, Contributor Aug. 14, 2020, at 12:37 p.m.



This article is based on reporting that features [expert sources](#).

OVER THE PAST SEVERAL years, the ketogenic diet has increased in popularity among many people looking to lose weight quickly. Originally developed in the 1920s to help children with intractable epilepsy, the diet eliminates nearly all carbohydrates.

The **classic keto diet** “is a high fat, adequate protein, **low carbohydrate diet** designed to produce ketosis through mimicking the metabolic changes of **starvation**, forcing the body to use fat as its primary source of energy,” says Cathy Leman, a registered dietitian nutritionist and founder of Dam. Mad. About Breast Cancer, a nutritional consulting firm based in greater Chicago that’s aimed at helping **breast cancer** patients and survivors.



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