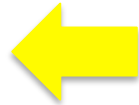


Ketogenic Diets: Fat Filled Lies Won't Make You a Better Athlete

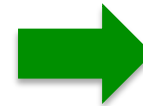
In theory it makes sense to rely on fat for energy:



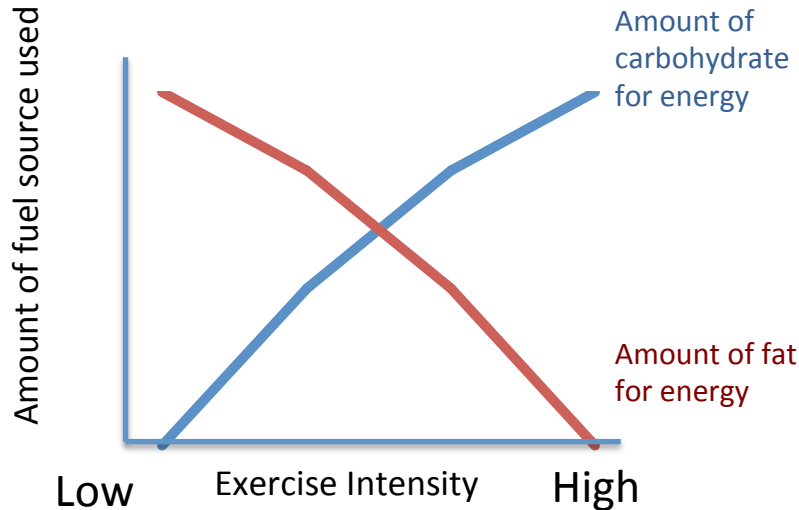
≤ 4,000 calories (if on a high carbohydrate diet and > 200 lbs.)



More Fuel Available
Less Fuel Available



20,000 + calories



You have more fat but, fat is a slow source of fuel, use it and your exercise intensity will drop

For TOP Athletic Performance:

Athletes in high intensity sports should stick with their regular diet that contains enough carbohydrate to meet energy demands

