

MINUTE NUTRITION NEWS

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Get the Facts on the Keto Diet

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A new year, a new diet? Think twice before embarking on a new diet this year. Diets often come at a cost and the recently popularized keto diet is no different. Get the facts on the diet in this issue and speak to a health professional before jumping back into the vicious diet cycle!

What is the Keto Diet?

The keto diet is an extremely low carbohydrate and high fat diet. Keto stands for *ketogenic* (pronounced “keet-o-jen-nik”) – a word describing when your body is using fat as its main fuel. Normally, your body burns off energy from carbohydrates, but because carbohydrate intake is so limited in this diet, the body adapts and switches to using fat instead.

Why Keto?

There are a few reasons why someone might be trying out the keto diet. However, not all of these reasons are scientifically sound. In the history of the keto diet, it was medically used in children with epilepsy as a way to reduce seizures. Recently, the diet gained interest in its use in diabetes and obesity management. At this time, the research is still new and somewhat limited in these areas so anyone considering the diet must consider all the possible benefits and side effects before making the decision to try this diet.



Possible Benefits

- Weight loss (although may be short term)
- Fat loss (same as other diets of same calories)
- Better blood sugar control
- More flavour and desired foods than traditional diets
- Increased fullness



Side Effects

- Rebound weight gain that is greater than initial weight loss
- Muscle loss
- Nutrient deficiencies
- Digestive issues
- Fatigue
- Bad breath
- Poor concentration
- Decreased performance in sports
- Encourages disordered eating
- Only should be used short term
- Difficulty with traveling or special occasions
- Social isolation due to restrictiveness of diet

Takeaway Message

The keto diet is one that is extremely restrictive and comes with some possible benefits and many side effects that are important to consider. In many cases, something this extreme may not be needed to help you achieve your health goals. Talk to your healthcare provider about all possible options. If you do decide to try this diet, then be sure to get professional guidance from a Registered Dietitian who can develop a plan for you to safely transition into and out of this diet with minimal side effects.

Recipe of the month

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Golden Beet Soup

This is the perfect recipe to start off the new year – something light, comforting and a little different than your usual soups! Golden beets are used in this recipe to substitute the more common red beet for a pop of colour. However, red beets can be prepared the same way as described in this recipe if they are preferred or more easily available (simply swap out the turmeric and ginger root for some thyme and a squeeze of lemon juice).



Makes 8 servings

Ingredients:

4 tbsp	Extra virgin olive oil
2 cloves	Garlic, peeled
6 cups	Golden beets, diced
2	Carrots, chopped
1	Small onion, diced
2 stalks	Celery, diced
7 cups	Chicken or vegetable broth, no salt added
½ tsp	Turmeric, ground
½ tsp	Ginger root, minced
¼ tsp	Salt
To taste	Ground black pepper

Directions:

1. Preheat oven to 400°F. Arrange garlic cloves, beets and carrots onto two baking sheets. Add 1 ½ tbsp of olive oil, a pinch of salt, and pepper to each tray of vegetables. Toss to combine evenly and roast in the oven for 30 minutes.
2. In a medium pot on the stove, heat 1 tbsp of olive oil over medium high heat. Add onion and celery and sauté until soft.
3. Transfer the roasted vegetables from the oven to the pot. Stir in remaining ingredients. Cover and bring to a boil, then turn down the heat to simmer for about 20 minutes.
4. Transfer soup to a food processor or use a hand blender to blend the soup until it reaches a smooth puree consistency. Add more broth if needed.

Nutrition information (per serving):

130 calories, Fat 7g (11% DV), Saturated Fat 1g (5%), Protein 4g, Carbohydrate 14g, Fibre 4g (14%), Sodium 250mg (10% DV), Potassium 426mg (9% DV)