

Mayo Clinic Minute

Why the keto diet is more hype than help for most people

Video	Audio
	Most of us could stand to drop a few pounds, but it's always harder to get the weight off than we expect.
	So when you hear about people losing a ton of weight in a short period of time on the latest low-carb diet craze, the keto diet, it sounds like the magic formula.
00:05:58 DR. DONALD HENSRUD 1:	"People want to believe. They want an easy way out. They want the magic panacea."
	But Dr. Donald Hensrud, author of <i>The Mayo Clinic Diet Book</i> , says the keto diet isn't new, and it's not the magic formula people think it is.
00:06:54 Donald Hensrud, M.D. Mayo Clinic Healthy Living Program Mayo Clinic	"We've known for a long period of time that when you decrease carbohydrate intake markedly, the body starts to use fat. And when you burn fat, you produce ketones, and the body goes into ketosis."
	He says it will help you drop weight.
	The problem is what happens after most people lose the initial weight.
00:05:16 DR. DONALD HENSRUD 1:	"Long term, it's hard. People miss some fruits, different vegetables, grains. It's hard. It becomes a very restrictive diet. So although people lose weight initially, maintaining it and keeping it off long term is a real challenge on a keto diet."
	For the Mayo Clinic News Network, I'm Ian Roth.