

## Preview Dominic d'Agostino Presentation (San Diego 2017) 1

**Dominic\_D'Agostino:** A question I get frequently is... the question is about the implementation of nutritional ketosis.

And there are a lot of different strategies that can be used to put someone into a state of nutritional or therapeutic ketosis and that can include the classic ketogenic diet which some people think is kind of archaic or maybe even draconian, which is up to 90% of the calories from fat and a very limited amount of carbohydrates like 3% and probably what's from the practical perspective there is a limitation of protein too that makes it kind of hard to follow.

The modified ketogenic diet or the modified Atkins diet is more liberal in protein up to 20 to 25% and the medium chain triglycerides diet in the upper right-hand corner is a little more liberal on carbohydrates, because the medium chain triglycerides are ketogenic fats and can help one get into and sustain ketosis.

So I think there is a wide variety of ways and diets that people can choose, not only the macronutrient ratios, but the types of foods which is not really talked about... from a clinical perspective they don't really talk about the foods in the ketogenic diet, but I think that's a whole another area of research - the types of fats that are in the diet and even the types of proteins and carbohydrates.