

PREVIEW_ Franziska Spritzler - Presentation (San Diego 2017) 1

Franziska Spritzler: As I mentioned ketogenic diets are huge and I firmly believe that they can be very beneficial for weight loss, for all kinds of health conditions, but so can low-carb. I think sometimes we forget about low-carb. I think some of it may have to do with how do you define a ketogenic diet. There's different definitions.

From the people I've talked to, let's say most people would... maybe 20 g or less per day as a ketogenic diet. I don't know, some people would say it depends on the individual, and that's kind of how I feel because people will produce ketones at different carb levels, depending on lots of things, insulin sensitivity and how active they are.

But let's say 20 g or less per day. And over that it would be like a very low-carb to low-carb diet. So I think they can both be beneficial. You need to find what works best for you. You know when we do diet studies comparing low-carb or ketogenic diets, it's always compared to a high carb diet whatever it is. To the Mediterranean diet or to the Dash diet or to a low-fat diet.

It's never comparing less than 20 g per day to 50 g per day. I don't know if that study is ever going to get done, I think we'd all be interested in it, but I think also I would suspect that if you did like a crossover study where you had people follow each for a month with the washout period in between, you would find that some people did better in terms of blood sugar, weight, just how they felt overall, with a very, very low-carb ketogenic diet and others would do better with a little more moderate intake of carbs and then some would have really no difference.

And I just think it is important to keep in mind.