Helpful information on Ketogenic Paper:  
  
**What are they trying to find out?**  
If a ketogenic diet decreases elite lifting performance in weight lifting and powerlifting.   
  
**How did they go about the study?**  
- Separated competitive lifters (both sexes) into an unchanged/control/usual diet group or a ketogenic diet group.   
  
- Participants ate their diet for 3 months, then ate their standard diet for 2 weeks, then switched diets (first 3 months on keto now ate the control diet, and vice versa) for 3 months.   
- Recorded their diets via MyFitnessPal  
  
- Blood (to get health measures) and lifting measures were taken at the start of the study, at the 3 month diet switch mark, and again at the 6 month conclusion of the study.   
  
**Definitions:**   
*Ketogenic Diet*: Extremely low carbohydrate intake (less than 10% of diet), high fat, moderate protein.  
  
*Usual Diet*: Normal, moderate to high carbohydrate (over 10% of diet), moderate fat, moderate protein intake.   
  
**Table 1**  
This is a table describing the distribution/proportion/amount of each macronutrient (protein, carbohydrates, and dietary fat) intake, as well as their overall calorie (listed as kilojoules – simply divide kilojoules by 4.18 to get calories).   
  
*UD*: Usual Diet/Control  
*LCKD*: Low Carb Ketogenic Diet  
  
**Table 2**  
This table describes the differences, if there are any, between the two groups (Control vs Ketogenic Diet group) in terms of training.  
  
*Load*: Amount of weight lifted, total.   
  
**Table 3**  
This table represents all of the differences and similarities between the groups in terms of their size, weight, overall strength, metabolism, and a few of the health measures they got from the blood tests.   
  
*1RM*: One Repetition Maximum, a measure of strength.   
*RMR*: Resting Metabolic Rate – metabolism without any physical activity.   
*RQ*: Respiratory Quotient – a number representing blood sugar used for energy or fat used for energy, anything around .7 is more fat use, and anything above .9 is more blood sugar used.  
*Glucose*: Blood sugar.  
  
**Figure 2**  
Figure two represents the total and individual changes throughout the study.   
  
The black dots on the left side of each graph represent the Usual Diet/Control group and the black dots on the right side of each graph represent the Ketogenic Diet group. Those dots represent a single person, and the black bars represent the overall change when you factor all the black dots on either side together.   
  
**Table 4**  
Table 4 shows the differences and similarities between the diets (UD & Keto) and baseline (before the study began). If there is a “-“ symbol in front of a number, it means that condition decreased compared to the other (for example: Baseline compared to Keto, Keto decreased in body mass by 1.7, on average).  
  
*Mean*: Average of all the data collected.   
  
**Conclusions?**  
Make your own and join the conversation tonight at ~7pm ET USA on YouTube & Instagram.