

Keto and Paleo Diets

What's the Difference?

The keto and paleo diets are two dietary options that aim to boost health, eliminate highly processed foods, and encourage weight loss.

The ketogenic (keto) diet focuses on eating a particular balance of macronutrients. The goal is to enter a state of ketosis, where the body begins to burn fat for health or weight loss.

The Paleolithic (paleo) diet focuses on eating foods that humans would've eaten in the Stone Age. This goal is to eliminate moderate processed foods for health or weight loss.

Keto Diet

A keto diet is an eating plan that focuses on eating lots of healthful fat, and some protein, and minimal carbohydrates. The body typically uses carbohydrates as a fuel for energy. When a person does not get enough carbs, the body will start using a fat and some protein stores. In true ketosis the liver will take stored fat and turn it into ketones which the body then uses for energy. Reaching the state of ketosis is the goal of the keto diet.

In general a person on a keto diet should consume a proximately 70-80% fat, 20-25% protein, and 5-10% carbohydrates. The keto diet encourages and excludes specific foods. A person on a keto diet cannot get their carbohydrates from grains or legumes. Their carbs must come from keto friendly vegetables such as the leafy greens or small group of fruits primarily berries.

Paleo Diet

A paleo diet is a dietary plan that focuses on foods that humans ate during the Paleolithic era. Some refer to it as the caveman diet or the Stone Age diet. This diet strives to eliminate products made via moderate food processing and farming methods. People who follow the paleo diet may choose foods that a Stone Age ancestor would have been able to hunt or gather and eat. The diet of the Stone Age person would have varied according to the natural resources available in their area. Some people believe that the human body is not well adapted to modern day foods. According to supporters of this of the diet, cutting out foods such as dairy, grains and legumes can help a person lose weight and prevent heart disease and diabetes. A paleo diet excludes highly processed foods, as well as legumes, grains, and dairy products. The paleo diet also encourages the consumption of healthful fats, such as those from wild or grass fed animals, nut oils, butter, olive oil and avocados. It also recommends that people eat higher amounts of animal protein. According to some small short-term studies the paleo diet may have benefits for the metabolic syndrome and

improve cholesterol levels. Scientists however still need to carry out more research to confirm this.

Similarities between the keto and palliative diets.

Both diets encourage the consumption of any nutritious whole foods and exclude highly processed foods. Both involve low carbohydrate intake and do not allow the consumption of grains and legumes. They emphasize meat for protein and recommend certain types of fats and vegetables. Both keto and paleo diets include seeds unprocessed meat, seafood, eggs and healthful fats such as olive oil, avocado oil, and nut oils as well as non-starchy vegetables. They both exclude highly processed foods, chips, crackers and packaged snacks and foods that contain white or brown sugar, corn syrup, or agave nectar.

However both diets exclude a variety of foods that many people would consider healthful. These included whole grains, rice, wheat, quinoa, pasta, bread and oats as well as the legumes including bread, peanuts, soy and lentils. Both of these diets encourage lower carbohydrate intake than a traditional reduced calorie or low-fat weight loss plans some health experts have recommended for years. Consider that the National Institute of Health and American Heart Association still continue to recommend a daily intake of whole grains, which cannot part of either a keto or paleo diet plan.

Differences between the keto and palliative diet.

The keto and palliative diets exclude different foods the keto diet excludes high sugar foods including most fruits while the palliative diet allows more fruits and some natural sweeteners. They also have different rules for meat and vegetables and dairy.

Meat intake on the paleo diet focuses on natural and grass fed meats with no processing. A keto diet allows any meat that does not contain added sugar or carbohydrates

Sweeteners and sugars

A paleo diet allows raw honey, maple syrup, date sugar and coconut sugar. A keto diet does not allow any sugars but will allow some artificial sweeteners like Stevia and sucralose.

Starchy vegetables

Some nutrient rich vegetables with a high starch or carbohydrate content are not allowed on the keto diet because they would interrupt ketosis. Conversely a paleo diet allows many of these nutritious vegetables and moderation such as sweet potatoes, beets and carrots.

Fruits

Fruits contain a range of nutrients, vitamins and minerals, fiber and antioxidants and are a healthy choice for most people. Fruits contain some natural sugar and some have higher levels of sugar and carbohydrates. A paleo diet allows all fruits although higher sugar ones in moderation. A keto diet allows only lowered sugared fruits such as cranberries peaches apricots apples and plums.

Dairy

A paleo excludes dairy products. A keto diet allows dairy without sugar ideally higher fat and higher protein types.

Things to remember

People following any diet eliminating food group should make sure they're meeting their daily nutrient requirements to avoid deficiencies. Anyone considering making a new and drastic change the eating patterns should check with their health care provider first particularly people with chronic health conditions such as heart disease, diabetes or hypertension. Remember that people following keto diet may experience side effects related to entering the state of ketosis this might include "keto breath", keto skin rash and the "keto flu". This flulike illness can include headaches lethargy nausea mental slowness insomnia and decreased exercise performance, constipation and low libido. It can be harmful to stay in a state of ketosis for extended periods. People do not experience the symptoms with the paleo diet as a paleo diet does not lead to a state of ketosis. It is possible that certain nutritional supplements can help people following the keto diet to get enough nutrients, ease side effects and meet their daily macro nutrient goals. This should probably best be crafted by and discussed with a registered dietitian. One should also remember that people who follow the paleo diet need to make sure they are getting adequate amounts of calcium since his diet excludes dairy products. The keto diet lacks fiber and several micronutrients due to the restrictions of foods that contain carbohydrates.

An individual should base their decision on whether to follow either of these diets on their current health condition and how strict they want to be with the diet and their individual health goals. They will benefit from speaking with their health care provider before changing their diet especially if they have diabetes, heart disease, or other health conditions.

***Disclaimer**

Please consult your healthcare provider if you decide to pursue the keto diet as it may impact your current medical therapy, particularly but not exclusively if you are prediabetic, diabetic or have kidney disease.