

# EXERCISE AND SPORT SCIENCES REVIEWS



## ***ESSR Journal Club***

**Covered Article:** “The Ketogenic Diet and Sport: A Possible Marriage?” by Antonio Paoli, Antonino Bianco, and Keith A. Grimaldi.

*Exercise and Sport Sciences Reviews*. 43(3), July 2015.

1. What is a ketogenic diet? What is keto-adaptation?
2. What is ketogenesis and why is it important for the central nervous system during a ketogenic diet?
3. Which are the differences between "physiological ketosis" and "pathological diabetic ketoacidosis"?
4. Which reasons might explain the effectiveness of ketogenic diets for weight loss?
5. What are the harmful effects of restricted energy intake on the performance of athletes?
6. How does a ketogenic diet mimic the influence of a fasting/energy-restricted diet on skeletal muscle?
7. How is it possible to achieve significant muscle growth during a ketogenic diet?
8. Which factors could explain the contradictory findings on the influence of a ketogenic diet on endurance performance?
9. What are the essential endpoints when defining a ketogenic diet?
10. Describe an experiment that needs to be done to evaluate the effectiveness of ketogenic diet for sports performance.