Restrictions on dietary carbohydrates in KD stabilized insulin secretion at lower levels due to lower blood glucose levels, which cause stored fat in adipose tissue undergoes lipolysis via hormone sensitive lipase. Lipolysis produce FFA, which induce a state of nutritional ketosis. State of nutritional ketosis may lead to weight loss [13]. Low carbohydrate intake, resulted in a decrease on blood glucose levels, considering that less carbohydrates are broken down into glucose influences a significant decrease in insulin secretion.

Discussion
Restrictions on dietary carbohydrates in KD stabilized insulin secretion at lower levels due to lower blood glucose levels, which cause stored fat in adipose tissue undergoes lipolysis via hormone sensitive lipase. Lipolysis produce FFA, which induce a state of nutritional ketosis. State of nutritional ketosis may lead to weight loss [13]. Low carbohydrate intake, resulted in a decrease on blood glucose levels, considering that less carbohydrates are broken down into glucose influences a significant decrease in insulin secretion.

Conclusion
Ketogenic diet group experienced a lower weight gain than control group because ketogenic diet group has lower glucose levels. Low glucose will stimulate insulin secretion not too high so that the anabolic effect is lower when compared to the control group.

References