**Exercise Physiology: Nutrition Assignment**

1. Read the two articles below and one case study below.
2. Write a ½ page summary for each of the articles. Explain in general what the article was about.
3. Write a ½ page comparison of the articles: Do you believe the Keto Diet is safe and would you suggest someone try it? Thoroughly explain why you believe what you think. Quote examples from the articles.
4. Read the case study below. Does it confirm what you believe? Remember, it is only one case study, so it may not confirm. Explain why you believe that it confirms or does not confirm what you believe.

**Assignment should be about 2-3 pages typed when complete. Be thorough in your explanation. Feel free to use information learned from the videos that you have watched in class.**

**Due Friday: January 26th**

**A Comprehensive Beginner's Guide to the Ketogenic Diet**

<https://www.ruled.me/guide-keto-diet/>

**The Keto Diet Is Gaining Popularity, but Is It Safe?**

[https://www.healthline.com/health-news/keto-diet-is-gaining-popularity-but-is-it-safe-121914#1](https://www.healthline.com/health-news/keto-diet-is-gaining-popularity-but-is-it-safe-121914%231)

**Comparison of Weight-Loss Diets with Different Compositions of Fat, Protein, and Carbohydrates**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2763382/>