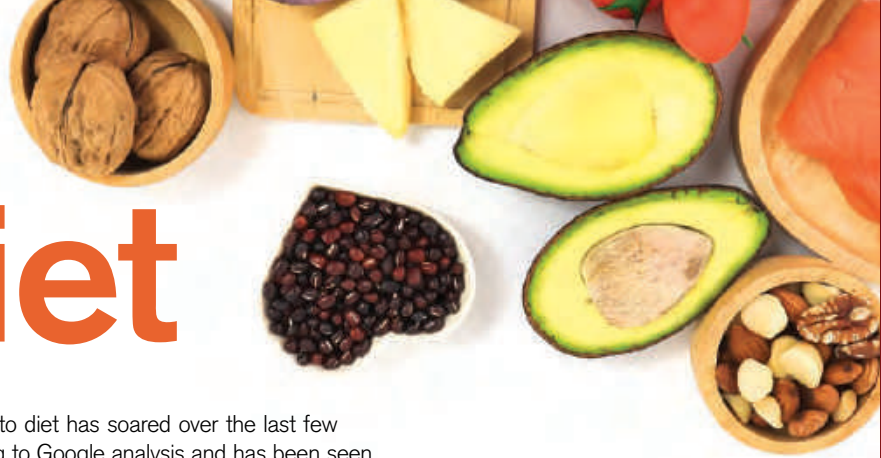


What's hot...

Keto Diet



Fuelled in large part by celebrity endorsement, interest in the Keto diet has soared over the last few years. It was one of the most researched diets of 2019 according to Google analysis and has been seen as a key diet trend for 2020. The regime however is nothing new, originally developed in the 1920s to treat drug-resistant epilepsy in children, over time it has evolved to become a weight loss method, with claims that it can also offer increased energy and mental clarity as well benefits for the metabolism and cell renewal.

The basis of the diet is to induce a metabolic state of ketosis in the body, so the body burns fat for energy rather than glucose (blood sugar). This means substantially reducing the amount of carbs consumed to below 50g or ideally 20g a day and increasing the intake of fat. Cutting out starchy foods such as bread, rice and pasta as well as sugar and the majority of fruit and root vegetables, whilst focusing on eating unprocessed meat, fish, oils, high fat dairy and vegetables that grow above the ground.

With the increase in popularity of the diet, manufacturers have started to develop keto-friendly products to help consumers follow this challenging diet and clearly label them as such. *Here are a few of top keto-friendly product suggestions:*



701498 – Keto Hana Keto Friendly Granola - Coconut & Almond, 300g – RSP £6.99



702012 – Raw Gorilla Keto Mighty Muesli, 250g – RSP £6.29



NEW
20% OFF
See p89

701435 – Navitas Organics Organic Keto Cacao Powder, 227g – RSP £9.99



91782 – Good Good Liquorice Crunchy Keto Bar, 35g – RSP £1.99



NEW!
NEW
25% OFF
See p78

700424 – Pulsin Choc Orange & Peanut Keto Bar, 50g – RSP £1.99



700765 – Boostball Chocolate Brownie Keto Boostball Burners, 40g – RSP £2.00



25% OFF
See p78

700421 – Pulsin Keto Vanilla Powder, 980g – RSP £82.99



74707 – Power Health Raspberry Ketone, 30s – RSP £7.99



96781 – NKD Living Ketone Test Strips, 125 Test Strips – RSP £6.99