



**The Good Clean Nutrition Podcast
Episode 10 Show Notes**

Episode 10: Fact vs Fiction: Unraveling the Keto Diet with Jacob Mey, PhD, RD

Welcome to today's episode of *The Good Clean Nutrition Podcast*, hosted by integrative dietitian and nutrition educator Mary Purdy, MS, RDN. The idea of burning fat by eating more is enticing for many, which can be why keto diets have continued to rise in popularity over the last few years. To discuss the many myths surrounding the ketogenic diet in this episode, we are joined by Jacob Mey, PhD, RD.

Dr. Mey a Registered Dietitian who earned his PhD in Kinesiology, Nutrition and Rehabilitation Sciences from the University of Illinois, at Chicago. He is currently an Associate Professor at Pennington Biomedical Research Center, where his clinical research interests include skeletal muscle metabolism, ketogenesis and clinical malnutrition. In addition to his full-time commitment to research, Dr. Mey actively volunteers for Academy dietetic practice groups and is passionate about elevating the dietetic profession.

To begin the conversation, Dr. Mey shares about the exciting research underway at Pennington Biomedical Research Center and the state-of-the-art technology allowing the research to progress. Mary then shifts the conversation toward an interest Dr. Mey developed through his volunteer work, which is his interest in healthy aging and longevity. Dr. Mey recently presented a webinar as part of Orgain's Professional Education Series titled *Calorie Restriction, Longevity and Muscle Function: Emerging Research and Clinical Considerations*. As he explains, calorie restriction has a favorable impact on intrinsic aging factors, and ongoing research suggests that the practice can reduce muscle mass without reducing crucial muscle function.

Turning to the ketogenic diet, Dr. Mey first explains how the keto diet works from a nutritional standpoint, sharing that in a most basic sense, the keto diet reduces dietary carbs and replaces them with dietary fats. This replacement causes the body to look for different fuel sources, and one way the body does this is by increasing ketone production. Keto can, in fact, be a helpful tool for losing weight, and it may also help patients struggling with metabolic disease and epilepsy. Dr. Mey goes on to share a brief history of the keto diet, and its origins as a diet to help manage epilepsy. Dr. Mey also explains that there is research being done on the possible benefits of a keto diet for brain function and navigating cancer, but the results are not yet concrete.

Getting into more specifics of the keto diet, Dr. Mey explains what a research-grade keto diet looks like and how it differs from more popularly used versions of the keto. He offers insight on calorie distribution, ketone formation, and gauging a state of ketosis. Next, Dr. Mey and Mary run through how people pursuing a keto diet may approach carbs and fiber, fruits and vegetables, protein, and even dietary supplements. After thinking about a sample meal idea and possible diet side effects, Dr. Mey leaves listeners with three pieces of final advice for embarking on a keto diet: set realistic goals, modify your mindset, and enlist an expert.



Links:

If you are a credentialed healthcare professional, [request an Orgain Healthcare Ambassador account](#) to gain immediate access to product samples sent directly to your practice and patients, shareable coupons, and free continuing education opportunities!

Connect with Dr. Jacob Mey on [Twitter](#) and [LinkedIn](#) and visit his [website](#).

Watch Dr. Mey's Orgain Professional Education Webinar, [Calorie Restriction, Longevity and Muscle Function: Emerging Research and Clinical Considerations](#), available on-demand with CPEU credit available for registered dietitians.

Learn about the [Pennington Biomedical Research Center](#) and the [T32 Training Program](#).

Learn about the [Healthy Aging Dietetic Practice Group](#) and listen to the [Healthy Aging Podcast](#).

Connect with host, integrative dietitian and nutrition educator, Mary Purdy, MS, RDN, on [Instagram](#), [Facebook](#), [Twitter](#) and [LinkedIn](#), and visit her [website](#).

This podcast is sponsored by [Orgain Healthcare](#).

Whether you're considering or following a keto diet, Orgain offers a variety of keto products to suit your preferences, which contain an ideal keto-friendly ratio of protein to fat with no added sugar. Meet your protein needs with grass-fed and pasture raised [Orgain Keto Collagen Protein Powder](#), and [Orgain Keto Protein Powder](#). Plus, start your day with a new [Orgain Keto-Friendly Organic Plant-Based Protein Pancake & Waffle Mix](#) made with almond and oat flour. Visit [orgain.com](#) to learn more.

Disclaimer: *This podcast is for informational purposes only and is not intended to be medical advice. The material discussed on this podcast, and displayed on the associated webpage, is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health regimen.*