

## Keto vs Paleo (vsdiff.com)

<b>Keto</b>	<b>Paleo</b>
Primary focus: <i>inducing ketosis</i> (metabolic state)	Primary focus: <i>whole-food pattern</i> based on presumed ancestral eating
Typical macronutrients: ~ <b>70-80% fat</b> , 5-10% carbs, 15-25% protein	No fixed macro ratio; often <b>moderate protein</b> , variable carbs and fat depending on food choices
Excluded: most <i>grains</i> , starchy carbs, many fruits (initially)	Excluded: <i>processed foods</i> , legumes, dairy (in strict versions), refined sugar
Evidence: stronger for short-term <b>weight loss</b> and seizure control	Evidence: supportive for improved <b>diet quality</b> and metabolic markers in some trials
Typical appeal: metabolic control, rapid weight change	Typical appeal: whole foods, ancestral narrative

Source: <https://vsdiff.com/keto-vs-paleo/>