The proposed benefits of chronic adaptation to LCHF diets has received recent attention but the following figure depicts why we should be careful with their impact on performance.

**Chronic low-CHO high-fat diets**

- **Nonketogenic**
  - ~65% energy as fat and <20% energy from CHO

- **Ketogenic**
  - ~75% energy as fat and <10% energy from CHO

**Physiological effects**

- Increased fat oxidation at exercise
- Reduced capacity for intestinal absorption of glucose
- Decreased CHO oxidation

**Impact on performance**

- But the vast majority of sports are CHO dependent
- Decreased effectiveness of CHO feeding strategies
- Increased risk of gut disturbances
- Decreased exercise economy

**Reduced performance**

*CHO: Carbohydrates