

The ketogenic diet (KD) has become a promising tool for decreasing fat mass and combating obesity-related metabolic disorders. This could, in part, be attributed to diet-induced metabolic adaptations in white and brown adipose tissues (WAT and BAT, respectively). WAT is known for storing nutrients in the form of fat, whereas BAT burns fat and releases the energy as heat. In this study, we wanted to test whether the anti-obesogenic effects of the KD could be attributed to an increase in energy-dissipating mechanisms in WAT and BAT. We found that the KD increased the fat-burning capacity of the BAT and promoted fat recycling in WAT. Despite this, the KD did not reduce adiposity. However, WAT and BAT maintained their normal function, which is crucial for overall metabolic health.