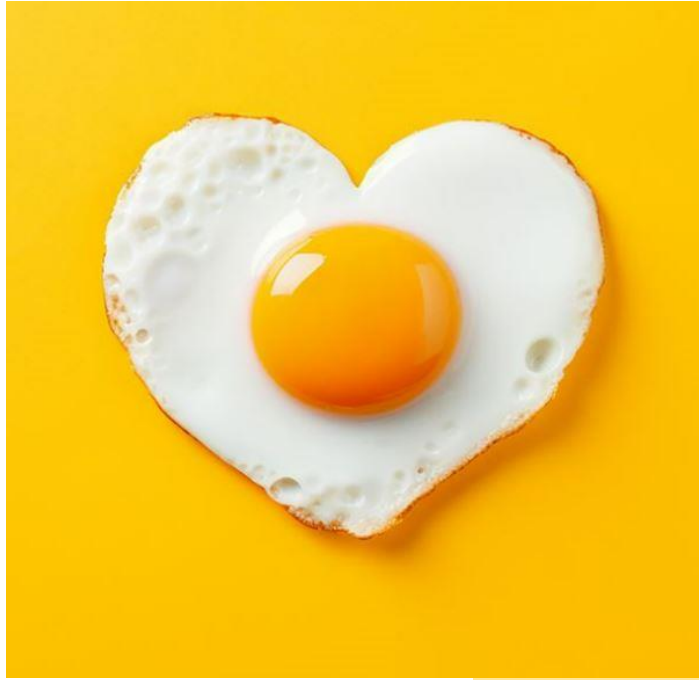


Keto-Coach

Nutricionista, psicóloga y escritora



Referencias que te darán keto-paz espiritual

(los ensayos clínicos, revisiones sistemáticas y metaanálisis prometidos)

Los dos centenares de referencias (que nuestro comité dietético ninguna)

- Afshin, A., Micha, R., Khatibzadeh, S., & Mozaffarian, D. (2014). Consumption of nuts and legumes and risk of incident ischemic heart disease, stroke, and diabetes: A systematic review and meta-analysis. *The American Journal of Clinical Nutrition*, 100(1), 278-288. <https://doi.org/10.3945/ajcn.113.076901>
- Ajala, O., English, P., & Pinkney, J. (2013). Systematic review and meta-analysis of different dietary approaches to the management of type 2 diabetes. *The American Journal of Clinical Nutrition*, 97(3), 505-516. <https://doi.org/10.3945/ajcn.112.042457>
- Angelidi, A. M., Papadaki, A., Nolen-Doerr, E., Boutari, C., & Mantzoros, C. S. (2022). The effect of dietary patterns on non-alcoholic fatty liver disease diagnosed by biopsy or magnetic resonance in adults: A systematic review of randomised controlled trials. *Metabolism: Clinical and Experimental*, 129, 155136. <https://doi.org/10.1016/j.metabol.2022.155136>
- Antonio, J., Ellerbroek, A., Silver, T., Vargas, L., Tamayo, A., Buehn, R., & Peacock, C. A. (2016). A High Protein Diet Has No Harmful Effects: A One-Year Crossover Study in Resistance-Trained Males. *Journal of Nutrition and Metabolism*, 2016, 9104792. <https://doi.org/10.1155/2016/9104792>
- Athinarayanan, S. J., Adams, R. N., Hallberg, S. J., McKenzie, A. L., Bhanpuri, N. H., Campbell, W. W., Volek, J. S., Phinney, S. D., & McCarter, J. P. (2019). Long-Term Effects of a Novel Continuous Remote Care Intervention Including Nutritional Ketosis for the Management of Type 2 Diabetes: A 2-Year Non-randomized Clinical Trial. *Frontiers in Endocrinology*, 10, 348. <https://doi.org/10.3389/fendo.2019.00348>
- Aude, Y. W., Agatston, A. S., Lopez-Jimenez, F., Lieberman, E. H., Marie Almon, Hansen, M., Rojas, G., Lamas, G. A., & Hennekens, C. H. (2004). The National Cholesterol Education Program Diet vs a Diet Lower in Carbohydrates and Higher in Protein and Monounsaturated Fat: A Randomized Trial. *Archives of Internal Medicine*, 164(19), 2141-2146. <https://doi.org/10.1001/archinte.164.19.2141>
- Austin, G. L., Thiny, M. T., Westman, E. C., Yancy, W. S., & Shaheen, N. J. (2006). A very low-carbohydrate diet improves gastroesophageal reflux and its symptoms. *Digestive Diseases and Sciences*, 51(8), 1307-1312. <https://doi.org/10.1007/s10620-005-9027-7>
- Bailes, J. R., Strow, M. T., Werthammer, J., McGinnis, R. A., & Elitsur, Y. (2003). Effect of low-carbohydrate, unlimited calorie diet on the treatment of childhood obesity: A prospective controlled study. *Metabolic Syndrome and Related Disorders*, 1(3), 221-225. <https://doi.org/10.1089/154041903322716697>
- ¹ Ballard, K. D., Quann, E. E., Kupchak, B. R., Volk, B. M., Kawiecki, D. M., Fernandez, M. L., Seip, R. L., Maresh, C. M., Kraemer, W. J., & Volek, J. S. (2013). Dietary carbohydrate restriction improves insulin sensitivity, blood pressure, microvascular function, and cellular adhesion markers in individuals taking statins. *Nutrition Research (New York, N.Y.)*, 33(11), 905-912. <https://doi.org/10.1016/j.nutres.2013.07.022>
- Bazzano, L. A., Hu, T., Reynolds, K., Yao, L., Bunol, C., Liu, Y., Chen, C.-S., Klag, M. J., Whelton, P. K., & He, J. (2014). Effects of low-carbohydrate and low-fat diets: A randomized trial. *Annals of Internal Medicine*, 161(5), 309-318. <https://doi.org/10.7326/M14-0180>
- Black, C. J., Staudacher, H. M., & Ford, A. C. (2022). Efficacy of a low FODMAP diet in irritable bowel syndrome: Systematic review and network meta-analysis. *Gut*, 71(6), 1117-1126. <https://doi.org/10.1136/gutjnl-2021-325214>
- Boden, G., Sargrad, K., Homko, C., Mozzoli, M., & Stein, T. P. (2005). Effect of a low-carbohydrate diet on appetite, blood glucose levels, and insulin resistance in obese patients with type 2 diabetes. *Annals of Internal Medicine*, 142(6), 403-411. <https://doi.org/10.7326/0003-4819-142-6-200503150-00006>
- Bongiovanni, D., Benedetto, C., Corvisieri, S., Del Favero, C., Orlandi, F., Allais, G., Sinigaglia, S., & Fadda, M. (2021). Effectiveness of ketogenic diet in treatment of patients with refractory chronic migraine. *Neurological Sciences*, 42(9), 3865-3870. <https://doi.org/10.1007/s10072-021-05078-5>
- Brandes, J. W., & Lorenz-Meyer, H. (1981). [Sugar free diet: A new perspective in the treatment of Crohn disease? Randomized, control study]. *Zeitschrift Fur Gastroenterologie*, 19(1), 1-12.
- Brehm, B. J., Seeley, R. J., Daniels, S. R., & D'Alessio, D. A. (2003). A randomized trial comparing a very low carbohydrate diet and a calorie-restricted low fat diet on body weight and cardiovascular risk factors in healthy women. *The Journal of Clinical Endocrinology and Metabolism*, 88(4), 1617-1623. <https://doi.org/10.1210/jc.2002-021480>
- Brehm, B. J., Spang, S. E., Lattin, B. L., Seeley, R. J., Daniels, S. R., & D'Alessio, D. A. (2005). The role of energy expenditure in the differential weight loss in obese women on low-fat and low-carbohydrate diets. *The Journal of Clinical Endocrinology and Metabolism*, 90(3), 1475-1482. <https://doi.org/10.1210/jc.2004-1540>
- Brinkworth, G. D., Noakes, M., Buckley, J. D., Keogh, J. B., & Clifton, P. M. (2009). Long-term effects of a very-low-carbohydrate weight loss diet compared with an isocaloric low-fat diet after 12 mo. *The American Journal of Clinical Nutrition*, 90(1), 23-32. <https://doi.org/10.3945/ajcn.2008.27326>

- Brinkworth, G. D., Wycherley, T. P., Noakes, M., Buckley, J. D., & Clifton, P. M. (2016). Long-term effects of a very-low-carbohydrate weight-loss diet and an isocaloric low-fat diet on bone health in obese adults. *Nutrition (Burbank, Los Angeles County, Calif.)*, 32(9), 1033-1036. <https://doi.org/10.1016/j.nut.2016.03.003>
- Browning, J. D., Baker, J. A., Rogers, T., Davis, J., Satapati, S., & Burgess, S. C. (2011). Short-term weight loss and hepatic triglyceride reduction: Evidence of a metabolic advantage with dietary carbohydrate restriction. *The American Journal of Clinical Nutrition*, 93(5), 1048-1052. <https://doi.org/10.3945/ajcn.110.007674>
- Bueno, N. B., de Melo, I. S. V., de Oliveira, S. L., & da Rocha Ataíde, T. (2013). Very-low-carbohydrate ketogenic diet v. low-fat diet for long-term weight loss: A meta-analysis of randomised controlled trials. *The British Journal of Nutrition*, 110(7), 1178-1187. <https://doi.org/10.1017/S0007114513000548>
- Burgess, B., Raynor, H. A., & Tepper, B. J. (2017). PROP Nontaster Women Lose More Weight Following a Low-Carbohydrate Versus a Low-Fat Diet in a Randomized Controlled Trial. *Obesity (Silver Spring, Md.)*, 25(10), 1682-1690. <https://doi.org/10.1002/oby.21951>
- Castellana, M., Conte, E., Cignarelli, A., Perrini, S., Giustina, A., Giovannella, L., Giorgino, F., & Trimboli, P. (2020). Efficacy and safety of very low calorie ketogenic diet (VLCKD) in patients with overweight and obesity: A systematic review and meta-analysis. *Reviews in Endocrine & Metabolic Disorders*, 21(1), 5-16. <https://doi.org/10.1007/s11154-019-09514-y>
- Chawla, S., Tessarolo Silva, F., Amaral Medeiros, S., Mekary, R. A., & Radenkovic, D. (2020). The Effect of Low-Fat and Low-Carbohydrate Diets on Weight Loss and Lipid Levels: A Systematic Review and Meta-Analysis. *Nutrients*, 12(12), E3774. <https://doi.org/10.3390/nu12123774>
- Chen, C.-Y., Huang, W.-S., Chen, H.-C., Chang, C.-H., Lee, L.-T., Chen, H.-S., Kang, Y.-D., Chie, W.-C., Jan, C.-F., Wang, W.-D., & Tsai, J.-S. (2020). Effect of a 90 g/day low-carbohydrate diet on glycaemic control, small, dense low-density lipoprotein and carotid intima-media thickness in type 2 diabetic patients: An 18-month randomised controlled trial. *PLoS One*, 15(10), e0240158. <https://doi.org/10.1371/journal.pone.0240158>
- Chen, J., Huang, Y., Xie, H., Bai, H., Lin, G., Dong, Y., Shi, D., Wang, J., Zhang, Q., Zhang, Y., & Sun, J. (2020). Impact of a low-carbohydrate and high-fiber diet on nonalcoholic fatty liver disease. *Asia Pacific Journal of Clinical Nutrition*, 29(3), 483-490. [https://doi.org/10.6133/apjcn.202009_29\(3\).0006](https://doi.org/10.6133/apjcn.202009_29(3).0006)
- Choi, Y. J., Jeon, S.-M., & Shin, S. (2020). Impact of a Ketogenic Diet on Metabolic Parameters in Patients with Obesity or Overweight and with or without Type 2 Diabetes: A Meta-Analysis of Randomized Controlled Trials. *Nutrients*, 12(7), E2005. <https://doi.org/10.3390/nu12072005>
- 2 Chowdhury, R., Warnakula, S., Kunutsor, S., Crowe, F., Ward, H. A., Johnson, L., Franco, O. H., Butterworth, A. S., Forouhi, N. G., Thompson, S. G., Khaw, K.-T., Mozaffarian, D., Danesh, J., & Di Angelantonio, E. (2014). Association of dietary, circulating, and supplement fatty acids with coronary risk: A systematic review and meta-analysis. *Annals of Internal Medicine*, 160(6), 398-406. <https://doi.org/10.7326/M13-1788>
- Coleman, M. D., & Nickols-Richardson, S. M. (2005). Urinary ketones reflect serum ketone concentration but do not relate to weight loss in overweight premenopausal women following a low-carbohydrate/high-protein diet. *Journal of the American Dietetic Association*, 105(4), 608-611. <https://doi.org/10.1016/j.jada.2005.01.004>
- Croteau, E., Castellano, C.-A., Richard, M. A., Fortier, M., Nugent, S., Lepage, M., Duchesne, S., Whittingstall, K., Turcotte, É. E., Bock, C., Fülöp, T., & Cunnane, S. C. (2018). Ketogenic Medium Chain Triglycerides Increase Brain Energy Metabolism in Alzheimer's Disease. *Journal of Alzheimer's Disease: JAD*, 64(2), 551-561. <https://doi.org/10.3233/JAD-180202>
- Cunha, G. M., Guzman, G., Correa De Mello, L. L., Trein, B., Spina, L., Bussade, I., Marques Prata, J., Sajoux, I., & Coutinho, W. (2020). Efficacy of a 2-Month Very Low-Calorie Ketogenic Diet (VLCKD) Compared to a Standard Low-Calorie Diet in Reducing Visceral and Liver Fat Accumulation in Patients With Obesity. *Frontiers in Endocrinology*, 11, 607. <https://doi.org/10.3389/fendo.2020.00607>
- Daly, M. E., Paisley, R., Paisley, R., Millward, B. A., Eccles, C., Williams, K., Hammersley, S., MacLeod, K. M., & Gale, T. J. (2006). Short-term effects of severe dietary carbohydrate-restriction advice in Type 2 diabetes—A randomized controlled trial. *Diabetic Medicine: A Journal of the British Diabetic Association*, 23(1), 15-20. <https://doi.org/10.1111/j.1464-5491.2005.01760.x>
- Dansinger, M. L., Gleason, J. A., Griffith, J. L., Selker, H. P., & Schaefer, E. J. (2005). Comparison of the Atkins, Ornish, Weight Watchers, and Zone diets for weight loss and heart disease risk reduction: A randomized trial. *JAMA*, 293(1), 43-53. <https://doi.org/10.1001/jama.293.1.43>
- Dashti, H. M., Mathew, T. C., Hussein, T., Asfar, S. K., Behbahani, A., Khoursheed, M. A., Al-Sayer, H. M., Bo-Abbas, Y. Y., & Al-Zaid, N. S. (2004). Long-term effects of a ketogenic diet in obese patients. *Experimental & Clinical Cardiology*, 9(3), 200-205.
- Davis, N. J., Tomuta, N., Schechter, C., Isasi, C. R., Segal-Isaacson, C. J., Stein, D., Zonszein, J., & Wylie-Rosett, J. (2009). Comparative study of the effects of a 1-year dietary intervention of a low-carbohydrate diet versus a low-fat diet on weight and glycemic control in type 2 diabetes. *Diabetes Care*, 32(7), 1147-1152. <https://doi.org/10.2337/dc08-2108>
- Desli, E., Spilioti, M., Evangelidou, A., Styllas, F., Magkos, F., & Dalamaga, M. (2022). The Efficacy and Safety of Ketogenic Diets in Drug-Resistant Epilepsy in Children and Adolescents: A Systematic Review of Randomized Controlled Trials. *Current Nutrition Reports*, 11(2), 102-116. <https://doi.org/10.1007/s13668-022-00405-4>
- Di Lorenzo, C., Coppola, G., Bracaglia, M., Di Lenola, D., Evangelista, M., Sirianni, G., Rossi, P., Di Lorenzo, G., Serrao, M., Parisi, V., & Pierelli, F. (2016). Cortical functional correlates of responsiveness to short-lasting preventive intervention with ketogenic diet in

migraine: A multimodal evoked potentials study. *The Journal of Headache and Pain*, 17, 58. <https://doi.org/10.1186/s10194-016-0650-9>

- Di Lorenzo, C., Coppola, G., Bracaglia, M., Di Lenola, D., Sirianni, G., Rossi, P., Di Lorenzo, G., Parisi, V., Serrao, M., Cervenka, M. C., & Pierelli, F. (2019). A ketogenic diet normalizes interictal cortical but not subcortical responsivity in migraineurs. *BMC Neurology*, 19(1), 136. <https://doi.org/10.1186/s12883-019-1351-1>
- Di Lorenzo, C., Coppola, G., Sirianni, G., Di Lorenzo, G., Bracaglia, M., Di Lenola, D., Siracusano, A., Rossi, P., & Pierelli, F. (2015). Migraine improvement during short lasting ketogenesis: A proof-of-concept study. *European Journal of Neurology*, 22(1), 170-177. <https://doi.org/10.1111/ene.12550>
- Di Lorenzo, C., Pinto, A., Ienca, R., Coppola, G., Sirianni, G., Di Lorenzo, G., Parisi, V., Serrao, M., Spagnoli, A., Vestri, A., Schoenen, J., Donini, L. M., & Pierelli, F. (2019). A Randomized Double-Blind, Cross-Over Trial of very Low-Calorie Diet in Overweight Migraine Patients: A Possible Role for Ketones? *Nutrients*, 11(8), E1742. <https://doi.org/10.3390/nu11081742>
- Dimosthenopoulos, C., Liatis, S., Kourpas, E., Athanasopoulou, E., Driva, S., Makrilakis, K., & Kokkinos, A. (2021). The beneficial short-term effects of a high-protein/low-carbohydrate diet on glycaemic control assessed by continuous glucose monitoring in patients with type 1 diabetes. *Diabetes, Obesity & Metabolism*, 23(8), 1765-1774. <https://doi.org/10.1111/dom.14390>
- Dong, T., Guo, M., Zhang, P., Sun, G., & Chen, B. (2020). The effects of low-carbohydrate diets on cardiovascular risk factors: A meta-analysis. *PLOS ONE*, 15(1), e0225348. <https://doi.org/10.1371/journal.pone.0225348>
- Douglas, C. C., Gower, B. A., Darnell, B. E., Ovalle, F., Oster, R. A., & Azziz, R. (2006). Role of diet in the treatment of polycystic ovary syndrome. *Fertility and sterility*, 85(3), 679-688. <https://doi.org/10.1016/j.fertnstert.2005.08.045>
- Ebbeling, C. B., Knapp, A., Johnson, A., Wong, J. M. W., Greco, K. F., Ma, C., Mora, S., & Ludwig, D. S. (2022). Effects of a low-carbohydrate diet on insulin-resistant dyslipoproteinemia-a randomized controlled feeding trial. *The American Journal of Clinical Nutrition*, 115(1), 154-162. <https://doi.org/10.1093/ajcn/nqab287>
- Ebbeling, C. B., Swain, J. F., Feldman, H. A., Wong, W. W., Hachey, D. L., Garcia-Lago, E., & Ludwig, D. S. (2012). Effects of dietary composition on energy expenditure during weight-loss maintenance. *JAMA*, 307(24), 2627-2634. <https://doi.org/10.1001/jama.2012.6607>
- Falkenhain, K., Roach, L. A., McCreary, S., McArthur, E., Weiss, E. J., Francois, M. E., & Little, J. P. (2021). Effect of carbohydrate-restricted dietary interventions on LDL particle size and number in adults in the context of weight loss or weight maintenance: A systematic review and meta-analysis. *The American Journal of Clinical Nutrition*, 114(4), 1455-1466. <https://doi.org/10.1093/ajcn/nqab212>
- ³Forsythe, C. E., Phinney, S. D., Feinman, R. D., Volk, B. M., Freidenreich, D., Quann, E., Ballard, K., Puglisi, M. J., Maresh, C. M., Kraemer, W. J., Bibus, D. M., Fernandez, M. L., & Volek, J. S. (2010). Limited effect of dietary saturated fat on plasma saturated fat in the context of a low carbohydrate diet. *Lipids*, 45(10), 947-962. <https://doi.org/10.1007/s11745-010-3467-3>
- Fortier, M., Castellano, C.-A., St-Pierre, V., Myette-Côté, É., Langlois, F., Roy, M., Morin, M.-C., Bocti, C., Fulop, T., Godin, J.-P., Delannoy, C., Cuenoud, B., & Cunnane, S. C. (2021). A ketogenic drink improves cognition in mild cognitive impairment: Results of a 6-month RCT. *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*, 17(3), 543-552. <https://doi.org/10.1002/alz.12206>
- Foster, G. D., Wyatt, H. R., Hill, J. O., Makris, A. P., Rosenbaum, D. L., Brill, C., Stein, R. I., Mohammed, B. S., Miller, B., Rader, D. J., Zemel, B., Wadden, T. A., Tenhave, T., Newcomb, C. W., & Klein, S. (2010). Weight and metabolic outcomes after 2 years on a low-carbohydrate versus low-fat diet: A randomized trial. *Annals of Internal Medicine*, 153(3), 147-157. <https://doi.org/10.7326/0003-4819-153-3-201008030-00005>
- Foster, G. D., Wyatt, H. R., Hill, J. O., McGuckin, B. G., Brill, C., Mohammed, B. S., Szapary, P. O., Rader, D. J., Edman, J. S., & Klein, S. (2003). A randomized trial of a low-carbohydrate diet for obesity. *The New England Journal of Medicine*, 348(21), 2082-2090. <https://doi.org/10.1056/NEJMoa022207>
- Friedman, A. N., Ogden, L. G., Foster, G. D., Klein, S., Stein, R., Miller, B., Hill, J. O., Brill, C., Bailer, B., Rosenbaum, D. R., & Wyatt, H. R. (2012a). Comparative effects of low-carbohydrate high-protein versus low-fat diets on the kidney. *Clinical Journal of the American Society of Nephrology: CJASN*, 7(7), 1103-1111. <https://doi.org/10.2215/CJN.11741111>
- Friedman, A. N., Ogden, L. G., Foster, G. D., Klein, S., Stein, R., Miller, B., Hill, J. O., Brill, C., Bailer, B., Rosenbaum, D. R., & Wyatt, H. R. (2012b). Comparative effects of low-carbohydrate high-protein versus low-fat diets on the kidney. *Clinical Journal of the American Society of Nephrology: CJASN*, 7(7), 1103-1111. <https://doi.org/10.2215/CJN.11741111>
- Gann, D. (2004). A low-carbohydrate diet in overweight patients undergoing stable statin therapy raises high-density lipoprotein and lowers triglycerides substantially. *Clinical Cardiology*, 27(10), 563-564. <https://doi.org/10.1002/clc.4960271008>
- Gannon, M. C., & Nuttall, F. Q. (2004). Effect of a high-protein, low-carbohydrate diet on blood glucose control in people with type 2 diabetes. *Diabetes*, 53(9), 2375-2382. <https://doi.org/10.2337/diabetes.53.9.2375>
- Gardner, C. D., Kiazand, A., Alhassan, S., Kim, S., Stafford, R. S., Balise, R. R., Kraemer, H. C., & King, A. C. (2007). Comparison of the Atkins, Zone, Ornish, and LEARN Diets for Change in Weight and Related Risk Factors Among Overweight Premenopausal Women The A TO Z Weight Loss Study: A Randomized Trial. *JAMA*, 297(9), 969-977. <https://doi.org/10.1001/jama.297.9.969>

- Gardner, C. D., Offringa, L. C., Hartle, J. C., Kapphahn, K., & Cherin, R. (2016). Weight loss on low-fat vs. low-carbohydrate diets by insulin resistance status among overweight adults and adults with obesity: A randomized pilot trial. *Obesity (Silver Spring, Md.)*, 24(1), 79-86. <https://doi.org/10.1002/oby.21331>
- Gardner, C. D., Trepanowski, J. F., Del Gobbo, L. C., Hauser, M. E., Rigdon, J., Ioannidis, J. P. A., Desai, M., & King, A. C. (2018). Effect of Low-Fat vs Low-Carbohydrate Diet on 12-Month Weight Loss in Overweight Adults and the Association With Genotype Pattern or Insulin Secretion: The DIETFITS Randomized Clinical Trial. *JAMA*, 319(7), 667-679. <https://doi.org/10.1001/jama.2018.0245>
- Ge, L., Sadeghirad, B., Ball, G. D. C., da Costa, B. R., Hitchcock, C. L., Svendrovski, A., Kiflen, R., Quadri, K., Kwon, H. Y., Karamouzian, M., Adams-Webber, T., Ahmed, W., Damanhoury, S., Zeraatkar, D., Nikolakopoulou, A., Tsuyuki, R. T., Tian, J., Yang, K., Guyatt, G. H., & Johnston, B. C. (2020). Comparison of dietary macronutrient patterns of 14 popular named dietary programmes for weight and cardiovascular risk factor reduction in adults: Systematic review and network meta-analysis of randomised trials. *BMJ (Clinical Research Ed.)*, 369, m696. <https://doi.org/10.1136/bmj.m696>
- Gibas, M. K., & Gibas, K. J. (2017). Induced and controlled dietary ketosis as a regulator of obesity and metabolic syndrome pathologies. *Diabetes & Metabolic Syndrome*, 11 Suppl 1, S385-S390. <https://doi.org/10.1016/j.dsx.2017.03.022>
- Gjuladin-Hellon, T., Davies, I. G., Penson, P., & Amiri Baghbadorani, R. (2019). Effects of carbohydrate-restricted diets on low-density lipoprotein cholesterol levels in overweight and obese adults: A systematic review and meta-analysis. *Nutrition Reviews*, 77(3), 161-180. <https://doi.org/10.1093/nutrit/nyy049>
- Goday, A., Bellido, D., Sajoux, I., Crujeiras, A. B., Burguera, B., García-Luna, P. P., Oleaga, A., Moreno, B., & Casanueva, F. F. (2016). Short-term safety, tolerability and efficacy of a very low-calorie-ketogenic diet interventional weight loss program versus hypocaloric diet in patients with type 2 diabetes mellitus. *Nutrition & Diabetes*, 6(9), Art. 9. <https://doi.org/10.1038/nutd.2016.36>
- Goss, A. M., Gower, B., Soleymani, T., Stewart, M., Pendergrass, M., Lockhart, M., Krantz, O., Dowla, S., Bush, N., Garr Barry, V., & Fontaine, K. R. (2020). Effects of weight loss during a very low carbohydrate diet on specific adipose tissue depots and insulin sensitivity in older adults with obesity: A randomized clinical trial. *Nutrition & Metabolism*, 17, 64. <https://doi.org/10.1186/s12986-020-00481-9>
- Gower, B. A., Chandler-Laney, P. C., Ovalle, F., Goree, L. L., Azziz, R., Desmond, R. A., Granger, W. M., Goss, A. M., & Bates, G. W. (2013). Favourable metabolic effects of a eucaloric lower-carbohydrate diet in women with PCOS. *Clinical Endocrinology*, 79(4), 550-557. <https://doi.org/10.1111/cen.12175>
- Gower, B. A., & Goss, A. M. (2015). A lower-carbohydrate, higher-fat diet reduces abdominal and intermuscular fat and increases insulin sensitivity in adults at risk of type 2 diabetes. *The Journal of Nutrition*, 145(1), 177S-83S. <https://doi.org/10.3945/jn.114.195065>
- 4 Goyal, O., Batta, S., Nohria, S., Kishore, H., Goyal, P., Sehgal, R., & Sood, A. (2021). Low fermentable oligosaccharide, disaccharide, monosaccharide, and polyol diet in patients with diarrhea-predominant irritable bowel syndrome: A prospective, randomized trial. *Journal of Gastroenterology and Hepatology*, 36(8), 2107-2115. <https://doi.org/10.1111/igh.15410>
- Gram-Kampmann, E. M., Hansen, C. D., Hugger, M. B., Jensen, J. M., Brønd, J. C., Hermann, A. P., Krag, A., Olsen, M. H., Beck-Nielsen, H., & Højlund, K. (2022). Effects of a 6-month, low-carbohydrate diet on glycaemic control, body composition, and cardiovascular risk factors in patients with type 2 diabetes: An open-label randomized controlled trial. *Diabetes, Obesity & Metabolism*, 24(4), 693-703. <https://doi.org/10.1111/dom.14633>
- Grammatikopoulou, M. G., Goulis, D. G., Gkiouras, K., Theodoridis, X., Gkouskou, K. K., Evangelidou, A., Dardiotis, E., & Bogdanos, D. P. (2020). To Keto or Not to Keto? A Systematic Review of Randomized Controlled Trials Assessing the Effects of Ketogenic Therapy on Alzheimer Disease. *Advances in Nutrition (Bethesda, Md.)*, 11(6), 1583-1602. <https://doi.org/10.1093/advances/nmaa073>
- Haghighatdoost, F., Salehi-Abargouei, A., Surkan, P. J., & Azadbakht, L. (2016). The effects of low carbohydrate diets on liver function tests in nonalcoholic fatty liver disease: A systematic review and meta-analysis of clinical trials. *Journal of Research in Medical Sciences: The Official Journal of Isfahan University of Medical Sciences*, 21, 53. <https://doi.org/10.4103/1735-1995.187269>
- Hahn, J., Choi, J., & Chang, M. J. (2021). Effect of Low FODMAPs Diet on Irritable Bowel Syndromes: A Systematic Review and Meta-Analysis of Clinical Trials. *Nutrients*, 13(7), 2460. <https://doi.org/10.3390/nu13072460>
- Hall, K. D., Chen, K. Y., Guo, J., Lam, Y. Y., Leibel, R. L., Mayer, L. E., Reitman, M. L., Rosenbaum, M., Smith, S. R., Walsh, B. T., & Ravussin, E. (2016). Energy expenditure and body composition changes after an isocaloric ketogenic diet in overweight and obese men. *The American Journal of Clinical Nutrition*, 104(2), 324-333. <https://doi.org/10.3945/ajcn.116.133561>
- Hallberg, S. J., McKenzie, A. L., Williams, P. T., Bhanpuri, N. H., Peters, A. L., Campbell, W. W., Hazbun, T. L., Volk, B. M., McCarter, J. P., Phinney, S. D., & Volek, J. S. (2018). Effectiveness and Safety of a Novel Care Model for the Management of Type 2 Diabetes at 1 Year: An Open-Label, Non-Randomized, Controlled Study. *Diabetes Therapy*, 9(2), 583-612. <https://doi.org/10.1007/s13300-018-0373-9>
- Hamley, S. (2017). The effect of replacing saturated fat with mostly n-6 polyunsaturated fat on coronary heart disease: A meta-analysis of randomised controlled trials. *Nutrition Journal*, 16, 30. <https://doi.org/10.1186/s12937-017-0254-5>
- Han, Y., Cheng, B., Guo, Y., Wang, Q., Yang, N., & Lin, P. (2021). A Low-Carbohydrate Diet Realizes Medication Withdrawal: A Possible Opportunity for Effective Glycemic Control. *Frontiers in Endocrinology*, 12, 779636. <https://doi.org/10.3389/fendo.2021.779636>

- Harcombe, Z., Baker, J. S., & Davies, B. (2017). Evidence from prospective cohort studies does not support current dietary fat guidelines: A systematic review and meta-analysis. *British Journal of Sports Medicine*, 51(24), 1743-1749. <https://doi.org/10.1136/bjsports-2016-096550>
- Harcombe, Z., Baker, J. S., DiNicolantonio, J. J., Grace, F., & Davies, B. (2016). Evidence from randomised controlled trials does not support current dietary fat guidelines: A systematic review and meta-analysis. *Open Heart*, 3(2), e000409. <https://doi.org/10.1136/openhrt-2016-000409>
- Hashimoto, Y., Fukuda, T., Oyabu, C., Tanaka, M., Asano, M., Yamazaki, M., & Fukui, M. (2016). Impact of low-carbohydrate diet on body composition: Meta-analysis of randomized controlled studies. *Obesity Reviews: An Official Journal of the International Association for the Study of Obesity*, 17(6), 499-509. <https://doi.org/10.1111/obr.12405>
- Hays, J. H., DiSabatino, A., Gorman, R. T., Vincent, S., & Stillabower, M. E. (2003). Effect of a high saturated fat and no-starch diet on serum lipid subfractions in patients with documented atherosclerotic cardiovascular disease. *Mayo Clinic Proceedings*, 78(11), 1331-1336. <https://doi.org/10.4065/78.11.1331>
- Hays, J. H., Gorman, R. T., & Shakir, K. M. M. (2002). Results of use of metformin and replacement of starch with saturated fat in diets of patients with type 2 diabetes. *Endocrine Practice: Official Journal of the American College of Endocrinology and the American Association of Clinical Endocrinologists*, 8(3), 177-183. <https://doi.org/10.4158/EP.8.3.177>
- Hession, M., Rolland, C., Kulkarni, U., Wise, A., & Broom, J. (2009). Systematic review of randomized controlled trials of low-carbohydrate vs. Low-fat/low-calorie diets in the management of obesity and its comorbidities. *Obesity Reviews*, 10(1), 36-50. <https://doi.org/10.1111/j.1467-789X.2008.00518.x>
- Hickey, J. T., Hickey, L., Yancy, W. S., Hepburn, J., & Westman, E. C. (2003). Clinical use of a carbohydrate-restricted diet to treat the dyslipidemia of the metabolic syndrome. *Metabolic Syndrome and Related Disorders*, 1(3), 227-232. <https://doi.org/10.1089/154041903322716705>
- Holmer, M., Lindqvist, C., Petersson, S., Moshtaghi-Svensson, J., Tillander, V., Brismar, T. B., Hagström, H., & Stål, P. (2021). Treatment of NAFLD with intermittent calorie restriction or low-carb high-fat diet – a randomised controlled trial. *JHEP Reports*, 3(3). <https://doi.org/10.1016/j.jhepr.2021.100256>
- Hooper, L., Martin, N., Jimoh, O. F., Kirk, C., Foster, E., & Abdelhamid, A. S. (2020). Reduction in saturated fat intake for cardiovascular disease. *Cochrane Database of Systematic Reviews*, 5. <https://doi.org/10.1002/14651858.CD011737.pub2>
- Hooper, L., Summerbell, C. D., Thompson, R., Sills, D., Roberts, F. G., Moore, H., & Davey Smith, G. (2011). Reduced or modified dietary fat for preventing cardiovascular disease. *The Cochrane Database of Systematic Reviews*, 7, CD002137. <https://doi.org/10.1002/14651858.CD002137.pub2>
- Howard, B. V., Van Horn, L., Hsia, J., Manson, J. E., Stefanick, M. L., Wassertheil-Smoller, S., Kuller, L. H., LaCroix, A. Z., Langer, R. D., Lasser, N. L., Lewis, C. E., Limacher, M. C., Margolis, K. L., Mysiw, W. J., Ockene, J. K., Parker, L. M., Perri, M. G., Phillips, L., Prentice, R. L., ... Kotchen, J. M. (2006). Low-fat dietary pattern and risk of cardiovascular disease: The Women's Health Initiative Randomized Controlled Dietary Modification Trial. *JAMA*, 295(6), 655-666. <https://doi.org/10.1001/jama.295.6.655>
- Huntriss, R., Campbell, M., & Bedwell, C. (2018). The interpretation and effect of a low-carbohydrate diet in the management of type 2 diabetes: A systematic review and meta-analysis of randomised controlled trials. *European Journal of Clinical Nutrition*, 72(3), 311-325. <https://doi.org/10.1038/s41430-017-0019-4>
- Hussain, T. A., Mathew, T. C., Dashti, A. A., Asfar, S., Al-Zaid, N., & Dashti, H. M. (2012). Effect of low-calorie versus low-carbohydrate ketogenic diet in type 2 diabetes. *Nutrition (Burbank, Los Angeles County, Calif.)*, 28(10), 1016-1021. <https://doi.org/10.1016/j.nut.2012.01.016>
- Hyde, P. N., Sapper, T. N., Crabtree, C. D., LaFountain, R. A., Bowling, M. L., Buga, A., Fell, B., McSwiney, F. T., Dickerson, R. M., Miller, V. J., Scandling, D., Simonetti, O. P., Phinney, S. D., Kraemer, W. J., King, S. A., Krauss, R. M., & Volek, J. S. (2019). Dietary carbohydrate restriction improves metabolic syndrome independent of weight loss. *JCI Insight*, 4(12), 128308. <https://doi.org/10.1172/jci.insight.128308>
- Iqbal, N., Vetter, M. L., Moore, R. H., Chittams, J. L., Dalton-Bakes, C. V., Dowd, M., Williams-Smith, C., Cardillo, S., & Wadden, T. A. (2010). Effects of a low-intensity intervention that prescribed a low-carbohydrate vs. A low-fat diet in obese, diabetic participants. *Obesity (Silver Spring, Md.)*, 18(9), 1733-1738. <https://doi.org/10.1038/oby.2009.460>
- Jang, E. C., Jun, D. W., Lee, S. M., Cho, Y. K., & Ahn, S. B. (2018). Comparison of efficacy of low-carbohydrate and low-fat diet education programs in non-alcoholic fatty liver disease: A randomized controlled study. *Hepatology Research: The Official Journal of the Japan Society of Hepatology*, 48(3), E22-E29. <https://doi.org/10.1111/hepr.12918>
- Jonasson, L., Guldbrand, H., Lundberg, A. K., & Nystrom, F. H. (2014). Advice to follow a low-carbohydrate diet has a favourable impact on low-grade inflammation in type 2 diabetes compared with advice to follow a low-fat diet. *Annals of Medicine*, 46(3), 182-187. <https://doi.org/10.3109/07853890.2014.894286>
- Kratz, M., Baars, T., & Guyenet, S. (2013). The relationship between high-fat dairy consumption and obesity, cardiovascular, and metabolic disease. *European Journal of Nutrition*, 52(1), 1-24. <https://doi.org/10.1007/s00394-012-0418-1>

- Krebs, J. D., Parry Strong, A., Cresswell, P., Reynolds, A. N., Hanna, A., & Haeusler, S. (2016). A randomised trial of the feasibility of a low carbohydrate diet vs standard carbohydrate counting in adults with type 1 diabetes taking body weight into account. *Asia Pacific Journal of Clinical Nutrition*, 25(1), 78-84. <https://doi.org/10.6133/apicn.2016.25.1.11>
- Krebs, N. F., Gao, D., Gralla, J., Collins, J. S., & Johnson, S. L. (2010). Efficacy and safety of a high protein, low carbohydrate diet for weight loss in severely obese adolescents. *The Journal of Pediatrics*, 157(2), 252-258. <https://doi.org/10.1016/j.jpeds.2010.02.010>
- Krikorian, R., Shidler, M. D., Dangelo, K., Couch, S. C., Benoit, S. C., & Clegg, D. J. (2012). Dietary ketosis enhances memory in mild cognitive impairment. *Neurobiology of aging*, 33(2), 425.e19-425.e27. <https://doi.org/10.1016/j.neurobiolaging.2010.10.006>
- Kverneland, M., Molteberg, E., Iversen, P. O., Veierød, M. B., Taubøll, E., Selmer, K. K., & Nakken, K. O. (2018). Effect of modified Atkins diet in adults with drug-resistant focal epilepsy: A randomized clinical trial. *Epilepsia*, 59(8), 1567-1576. <https://doi.org/10.1111/epi.14457>
- Lambrechts, D. a. J. E., de Kinderen, R. J. A., Vles, J. S. H., de Louw, A. J. A., Aldenkamp, A. P., & Majoie, H. J. M. (2017). A randomized controlled trial of the ketogenic diet in refractory childhood epilepsy. *Acta Neurologica Scandinavica*, 135(2), 231-239. <https://doi.org/10.1111/ane.12592>
- Lee, J. E., Titcomb, T. J., Bisht, B., Rubenstein, L. M., Louison, R., & Wahls, T. L. (2021). A Modified MCT-Based Ketogenic Diet Increases Plasma β -Hydroxybutyrate but Has Less Effect on Fatigue and Quality of Life in People with Multiple Sclerosis Compared to a Modified Paleolithic Diet: A Waitlist-Controlled, Randomized Pilot Study. *Journal of the American College of Nutrition*, 40(1), 13-25. <https://doi.org/10.1080/07315724.2020.1734988>
- Li, J., Bai, W.-P., Jiang, B., Bai, L.-R., Gu, B., Yan, S.-X., Li, F.-Y., & Huang, B. (2021). Ketogenic diet in women with polycystic ovary syndrome and liver dysfunction who are obese: A randomized, open-label, parallel-group, controlled pilot trial. *The Journal of Obstetrics and Gynaecology Research*, 47(3), 1145-1152. <https://doi.org/10.1111/jog.14650>
- Li, S., Ding, L., & Xiao, X. (2021). Comparing the Efficacy and Safety of Low-Carbohydrate Diets with Low-Fat Diets for Type 2 Diabetes Mellitus Patients: A Systematic Review and Meta-Analysis of Randomized Clinical Trials. *International Journal of Endocrinology*, 2021, 8521756. <https://doi.org/10.1155/2021/8521756>
- Luukkonen, P. K., Dufour, S., Lyu, K., Zhang, X.-M., Hakkarainen, A., Lehtimäki, T. E., Cline, G. W., Petersen, K. F., Shulman, G. I., & Yki-Järvinen, H. (2020). Effect of a ketogenic diet on hepatic steatosis and hepatic mitochondrial metabolism in nonalcoholic fatty liver disease. *Proceedings of the National Academy of Sciences of the United States of America*, 117(13), 7347-7354. <https://doi.org/10.1073/pnas.1922344117>
- 6 Maekawa, S., Kawahara, T., Nomura, R., Murase, T., Ann, Y., Oeholm, M., & Harada, M. (2014). Retrospective study on the efficacy of a low-carbohydrate diet for impaired glucose tolerance. *Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy*, 7, 195-201. <https://doi.org/10.2147/DMSO.S62681>
- Mansoor, N., Vinknes, K. J., Veierød, M. B., & Retterstøl, K. (2016). Effects of low-carbohydrate diets v. low-fat diets on body weight and cardiovascular risk factors: A meta-analysis of randomised controlled trials. *The British Journal of Nutrition*, 115(3), 466-479. <https://doi.org/10.1017/S0007114515004699>
- Mardinoglu, A., Wu, H., Björnson, E., Zhang, C., Hakkarainen, A., Räsänen, S. M., Lee, S., Mancina, R. M., Bergentall, M., Pietiläinen, K. H., Söderlund, S., Matikainen, N., Ståhlman, M., Bergh, P.-O., Adiels, M., Piening, B. D., Granér, M., Lundbom, N., Williams, K. J., ... Borén, J. (2018). An Integrated Understanding of the Rapid Metabolic Benefits of a Carbohydrate-Restricted Diet on Hepatic Steatosis in Humans. *Cell Metabolism*, 27(3), 559-571.e5. <https://doi.org/10.1016/j.cmet.2018.01.005>
- Marsh, A., Eslick, E. M., & Eslick, G. D. (2016). Does a diet low in FODMAPs reduce symptoms associated with functional gastrointestinal disorders? A comprehensive systematic review and meta-analysis. *European Journal of Nutrition*, 55(3), 897-906. <https://doi.org/10.1007/s00394-015-0922-1>
- Martin-McGill, K. J., Bresnahan, R., Levy, R. G., & Cooper, P. N. (2020). Ketogenic diets for drug-resistant epilepsy. *The Cochrane Database of Systematic Reviews*, 6, CD001903. <https://doi.org/10.1002/14651858.CD001903.pub5>
- Mavropoulos, J. C., Yancy, W. S., Hepburn, J., & Westman, E. C. (2005). The effects of a low-carbohydrate, ketogenic diet on the polycystic ovary syndrome: A pilot study. *Nutrition & Metabolism*, 2, 35. <https://doi.org/10.1186/1743-7075-2-35>
- McAuley, K. A., Hopkins, C. M., Smith, K. J., McLay, R. T., Williams, S. M., Taylor, R. W., & Mann, J. I. (2005). Comparison of high-fat and high-protein diets with a high-carbohydrate diet in insulin-resistant obese women. *Diabetologia*, 48(1), 8-16. <https://doi.org/10.1007/s00125-004-1603-4>
- McGrice, M., & Porter, J. (2017). The Effect of Low Carbohydrate Diets on Fertility Hormones and Outcomes in Overweight and Obese Women: A Systematic Review. *Nutrients*, 9(3), Art. 3. <https://doi.org/10.3390/nu9030204>
- McKenzie, A. L., Athinarayanan, S. J., McCue, J. J., Adams, R. N., Keyes, M., McCarter, J. P., Volek, J. S., Phinney, S. D., & Hallberg, S. J. (2021). Type 2 Diabetes Prevention Focused on Normalization of Glycemia: A Two-Year Pilot Study. *Nutrients*, 13(3), 749. <https://doi.org/10.3390/nu13030749>
- McKenzie, A. L., Hallberg, S. J., Creighton, B. C., Volk, B. M., Link, T. M., Abner, M. K., Glon, R. M., McCarter, J. P., Volek, J. S., & Phinney, S. D. (2017). A Novel Intervention Including Individualized Nutritional Recommendations Reduces Hemoglobin A1c Level, Medication Use, and Weight in Type 2 Diabetes. *JMIR Diabetes*, 2(1), e5. <https://doi.org/10.2196/diabetes.6981>

- Meckling, K. A., O'Sullivan, C., & Saari, D. (2004). Comparison of a low-fat diet to a low-carbohydrate diet on weight loss, body composition, and risk factors for diabetes and cardiovascular disease in free-living, overweight men and women. *The Journal of Clinical Endocrinology and Metabolism*, 89(6), 2717-2723. <https://doi.org/10.1210/jc.2003-031606>
- Meng, Y., Bai, H., Wang, S., Li, Z., Wang, Q., & Chen, L. (2017). Efficacy of low carbohydrate diet for type 2 diabetes mellitus management: A systematic review and meta-analysis of randomized controlled trials. *Diabetes Research and Clinical Practice*, 131, 124-131. <https://doi.org/10.1016/j.diabres.2017.07.006>
- Mente, A., de Koning, L., Shannon, H. S., & Anand, S. S. (2009). A Systematic Review of the Evidence Supporting a Causal Link Between Dietary Factors and Coronary Heart Disease. *Archives of Internal Medicine*, 169(7), 659-669. <https://doi.org/10.1001/archinternmed.2009.38>
- Michalczyk, M. M., Klonek, G., Maszczyk, A., & Zajac, A. (2020). The Effects of a Low Calorie Ketogenic Diet on Glycaemic Control Variables in Hyperinsulinemic Overweight/Obese Females. *Nutrients*, 12(6), E1854. <https://doi.org/10.3390/nu12061854>
- Moran, L. J., Ko, H., Misso, M., Marsh, K., Noakes, M., Talbot, M., Frearson, M., Thondan, M., Stepto, N., & Teede, H. J. (2013). Dietary composition in the treatment of polycystic ovary syndrome: A systematic review to inform evidence-based guidelines. *Journal of the Academy of Nutrition and Dietetics*, 113(4), 520-545. <https://doi.org/10.1016/j.jand.2012.11.018>
- Moreno, B., Bellido, D., Sajoux, I., Goday, A., Saavedra, D., Crujeiras, A. B., & Casanueva, F. F. (2014). Comparison of a very low-calorie-ketogenic diet with a standard low-calorie diet in the treatment of obesity. *Endocrine*, 47(3), 793-805. <https://doi.org/10.1007/s12020-014-0192-3>
- Morgan, L. M., Griffin, B. A., Millward, D. J., DeLooy, A., Fox, K. R., Baic, S., Bonham, M. P., Wallace, J. M. W., MacDonald, I., Taylor, M. A., & Truby, H. (2009). Comparison of the effects of four commercially available weight-loss programmes on lipid-based cardiovascular risk factors. *Public Health Nutrition*, 12(6), 799-807. <https://doi.org/10.1017/S1368980008003236>
- Mozaffarian, D., Micha, R., & Wallace, S. (2010). Effects on Coronary Heart Disease of Increasing Polyunsaturated Fat in Place of Saturated Fat: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *PLoS Medicine*, 7(3), e1000252. <https://doi.org/10.1371/journal.pmed.1000252>
- Naude, C. E., Brand, A., Schoonees, A., Nguyen, K. A., Chaplin, M., & Volmink, J. (2022). Low-carbohydrate versus balanced-carbohydrate diets for reducing weight and cardiovascular risk. *The Cochrane Database of Systematic Reviews*, 1, CD013334. <https://doi.org/10.1002/14651858.CD013334.pub2>
- Nicholas, A. P., Soto-Mota, A., Lambert, H., & Collins, A. L. (2021). Restricting carbohydrates and calories in the treatment of type 2 diabetes: A systematic review of the effectiveness of «low-carbohydrate» interventions with differing energy levels. *Journal of Nutritional Science*, 10, e76. <https://doi.org/10.1017/jns.2021.67>
- Nordin, E., Brunius, C., Landberg, R., & Hellström, P. M. (2022). Fermentable oligo-, di-, monosaccharides, and polyols (FODMAPs), but not gluten, elicit modest symptoms of irritable bowel syndrome: A double-blind, placebo-controlled, randomized three-way crossover trial. *The American Journal of Clinical Nutrition*, 115(2), 344-352. <https://doi.org/10.1093/ajcn/nqab337>
- Nordmann, A. J., Nordmann, A., Briel, M., Keller, U., Yancy, W. S., Brehm, B. J., & Bucher, H. C. (2006). Effects of low-carbohydrate vs low-fat diets on weight loss and cardiovascular risk factors: A meta-analysis of randomized controlled trials. *Archives of Internal Medicine*, 166(3), 285-293. <https://doi.org/10.1001/archinte.166.3.285>
- Norwitz, N. G., Dearlove, D. J., Lu, M., Clarke, K., Dawes, H., & Hu, M. T. (2020). A Ketone Ester Drink Enhances Endurance Exercise Performance in Parkinson's Disease. *Frontiers in Neuroscience*, 14. <https://www.frontiersin.org/articles/10.3389/fnins.2020.584130>
- O'Brien, K. D., Brehm, B. J., Seeley, R. J., Bean, J., Wener, M. H., Daniels, S., & D'Alessio, D. A. (2005). Diet-induced weight loss is associated with decreases in plasma serum amyloid a and C-reactive protein independent of dietary macronutrient composition in obese subjects. *The Journal of Clinical Endocrinology and Metabolism*, 90(4), 2244-2249. <https://doi.org/10.1210/jc.2004-1011>
- Oyabu, C., Hashimoto, Y., Fukuda, T., Tanaka, M., Asano, M., Yamazaki, M., & Fukui, M. (2016). Impact of low-carbohydrate diet on renal function: A meta-analysis of over 1000 individuals from nine randomised controlled trials. *The British Journal of Nutrition*, 116(4), 632-638. <https://doi.org/10.1017/S0007114516002178>
- Paoli, A., Bianco, A., Grimaldi, K. A., Lodi, A., & Bosco, G. (2013). Long term successful weight loss with a combination biphasic ketogenic Mediterranean diet and Mediterranean diet maintenance protocol. *Nutrients*, 5(12), 5205-5217. <https://doi.org/10.3390/nu5125205>
- Paoli, A., Mancin, L., Giacona, M. C., Bianco, A., & Caprio, M. (2020). Effects of a ketogenic diet in overweight women with polycystic ovary syndrome. *Journal of Translational Medicine*, 18(1), 104. <https://doi.org/10.1186/s12967-020-02277-0>
- Pérez-Guisado, J., & Muñoz-Serrano, A. (2011). The effect of the Spanish Ketogenic Mediterranean Diet on nonalcoholic fatty liver disease: A pilot study. *Journal of Medicinal Food*, 14(7-8), 677-680. <https://doi.org/10.1089/jmf.2011.0075>
- Phillips, M. C. L., Deprez, L. M., Mortimer, G. M. N., Murtagh, D. K. J., McCoy, S., Mylchreest, R., Gilbertson, L. J., Clark, K. M., Simpson, P. V., McManus, E. J., Oh, J.-E., Yadavraj, S., King, V. M., Pillai, A., Romero-Ferrando, B., Brinkhuis, M., Copeland, B. M., Samad, S., Liao, S., & Schepel, J. A. C. (2021). Randomized crossover trial of a modified ketogenic diet in Alzheimer's disease. *Alzheimer's Research & Therapy*, 13(1), 51. <https://doi.org/10.1186/s13195-021-00783-x>

- Phillips, M. C. L., Murtagh, D. K. J., Gilbertson, L. J., Asztely, F. J. S., & Lynch, C. D. P. (2018). Low-fat versus ketogenic diet in Parkinson's disease: A pilot randomized controlled trial. *Movement Disorders*, 33(8), 1306-1314. <https://doi.org/10.1002/mds.27390>
- Phy, J. L., Pohlmeier, A. M., Cooper, J. A., Watkins, P., Spallholz, J., Harris, K. S., Berenson, A. B., & Boylan, M. (2015). Low Starch/Low Dairy Diet Results in Successful Treatment of Obesity and Co-Morbidities Linked to Polycystic Ovary Syndrome (PCOS). *Journal of obesity & weight loss therapy*, 5(2), 259. <https://doi.org/10.4172/2165-7904.1000259>
- Pointer, S. D., Rickstrew, J., Slaughter, J. C., Vaezi, M. F., & Silver, H. J. (2016). Dietary carbohydrate intake, insulin resistance and gastro-oesophageal reflux disease: A pilot study in European- and African-American obese women. *Alimentary Pharmacology & Therapeutics*, 44(9), 976-988. <https://doi.org/10.1111/apt.13784>
- Rafiullah, M., Musambil, M., & David, S. K. (2022). Effect of a very low-carbohydrate ketogenic diet vs recommended diets in patients with type 2 diabetes: A meta-analysis. *Nutrition Reviews*, 80(3), 488-502. <https://doi.org/10.1093/nutrit/nuab040>
- Ramsden, C. E., Zamora, D., Leelarthaeapin, B., Majchrzak-Hong, S. F., Faurot, K. R., Suchindran, C. M., Ringel, A., Davis, J. M., & Hibbeln, J. R. (2013). Use of dietary linoleic acid for secondary prevention of coronary heart disease and death: Evaluation of recovered data from the Sydney Diet Heart Study and updated meta-analysis. *BMJ*, 346, e8707. <https://doi.org/10.1136/bmj.e8707>
- Ramsden, C. E., Zamora, D., Majchrzak-Hong, S., Faurot, K. R., Broste, S. K., Frantz, R. P., Davis, J. M., Ringel, A., Suchindran, C. M., & Hibbeln, J. R. (2016). Re-evaluation of the traditional diet-heart hypothesis: Analysis of recovered data from Minnesota Coronary Experiment (1968-73). *BMJ*, 353, i1246. <https://doi.org/10.1136/bmj.i1246>
- Ranjan, A., Schmidt, S., Damm-Frydenberg, C., Holst, J. J., Madsbad, S., & Nørgaard, K. (2017). Short-term effects of a low carbohydrate diet on glycaemic variables and cardiovascular risk markers in patients with type 1 diabetes: A randomized open-label crossover trial. *Diabetes, Obesity & Metabolism*, 19(10), 1479-1484. <https://doi.org/10.1111/dom.12953>
- Ross, L. J., Byrnes, A., Hay, R. L., Cawte, A., & Musial, J. E. (2021). Exploring the highs and lows of very low carbohydrate high fat diets on weight loss and diabetes- and cardiovascular disease-related risk markers: A systematic review. *Nutrition & Dietetics: The Journal of the Dietitians Association of Australia*, 78(1), 41-56. <https://doi.org/10.1111/1747-0080.12649>
- Ruth, M. R., Port, A. M., Shah, M., Bourland, A. C., Istfan, N. W., Nelson, K. P., Gokce, N., & Apovian, C. M. (2013). Consuming a hypocaloric high fat low carbohydrate diet for 12 weeks lowers C-reactive protein, and raises serum adiponectin and high density lipoprotein-cholesterol in obese subjects. *Metabolism: Clinical and Experimental*, 62(12), 1779-1787. <https://doi.org/10.1016/j.metabol.2013.07.006>
- Sackner-Bernstein, J., Kanter, D., & Kaul, S. (2015). Dietary Intervention for Overweight and Obese Adults: Comparison of Low-Carbohydrate and Low-Fat Diets. A Meta-Analysis. *PloS One*, 10(10), e0139817. <https://doi.org/10.1371/journal.pone.0139817>
- Sacks, F. M., Bray, G. A., Carey, V. J., Smith, S. R., Ryan, D. H., Anton, S. D., McManus, K., Champagne, C. M., Bishop, L. M., Laranjo, N., Leboff, M. S., Rood, J. C., de Jonge, L., Greenway, F. L., Loria, C. M., Obarzanek, E., & Williamson, D. A. (2009). Comparison of weight-loss diets with different compositions of fat, protein, and carbohydrates. *The New England Journal of Medicine*, 360(9), 859-873. <https://doi.org/10.1056/NEJMoa0804748>
- Sainsbury, E., Kizirian, N. V., Partridge, S. R., Gill, T., Colagiuri, S., & Gibson, A. A. (2018). Effect of dietary carbohydrate restriction on glycemic control in adults with diabetes: A systematic review and meta-analysis. *Diabetes Research and Clinical Practice*, 139, 239-252. <https://doi.org/10.1016/j.diabres.2018.02.026>
- Samaha, F. F., Iqbal, N., Seshadri, P., Chicano, K. L., Daily, D. A., McGrory, J., Williams, T., Williams, M., Gracely, E. J., & Stern, L. (2003). A low-carbohydrate as compared with a low-fat diet in severe obesity. *The New England Journal of Medicine*, 348(21), 2074-2081. <https://doi.org/10.1056/NEJMoa022637>
- Santos, F. L., Esteves, S. S., da Costa Pereira, A., Yancy, W. S., & Nunes, J. P. L. (2012). Systematic review and meta-analysis of clinical trials of the effects of low carbohydrate diets on cardiovascular risk factors. *Obesity Reviews: An Official Journal of the International Association for the Study of Obesity*, 13(11), 1048-1066. <https://doi.org/10.1111/j.1467-789X.2012.01021.x>
- Sasakabe, T., Haimoto, H., Umegaki, H., & Wakai, K. (2011). Effects of a moderate low-carbohydrate diet on preferential abdominal fat loss and cardiovascular risk factors in patients with type 2 diabetes. *Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy*, 4, 167-174. <https://doi.org/10.2147/DMSO.S19635>
- Saslow, L. R., Daubenmier, J. J., Moskowitz, J. T., Kim, S., Murphy, E. J., Phinney, S. D., Ploutz-Snyder, R., Goldman, V., Cox, R. M., Mason, A. E., Moran, P., & Hecht, F. M. (2017). Twelve-month outcomes of a randomized trial of a moderate-carbohydrate versus very low-carbohydrate diet in overweight adults with type 2 diabetes mellitus or prediabetes. *Nutrition & Diabetes*, 7(12), 304. <https://doi.org/10.1038/s41387-017-0006-9>
- Saslow, L. R., Kim, S., Daubenmier, J. J., Moskowitz, J. T., Phinney, S. D., Goldman, V., Murphy, E. J., Cox, R. M., Moran, P., & Hecht, F. M. (2014). A randomized pilot trial of a moderate carbohydrate diet compared to a very low carbohydrate diet in overweight or obese individuals with type 2 diabetes mellitus or prediabetes. *PloS One*, 9(4), e91027. <https://doi.org/10.1371/journal.pone.0091027>
- Saslow, L. R., Mason, A. E., Kim, S., Goldman, V., Ploutz-Snyder, R., Bayandorian, H., Daubenmier, J., Hecht, F. M., & Moskowitz, J. T. (2017). An Online Intervention Comparing a Very Low-Carbohydrate Ketogenic Diet and Lifestyle Recommendations Versus a Plate Method Diet in Overweight Individuals With Type 2 Diabetes: A Randomized Controlled Trial. *Journal of Medical Internet Research*, 19(2), e36. <https://doi.org/10.2196/jmir.5806>

- Sato, J., Kanazawa, A., Makita, S., Hatae, C., Komiya, K., Shimizu, T., Ikeda, F., Tamura, Y., Ogihara, T., Mita, T., Goto, H., Uchida, T., Miyatsuka, T., Takeno, K., Shimada, S., Ohmura, C., Watanabe, T., Kobayashi, K., Miura, Y., ... Watada, H. (2017). A randomized controlled trial of 130 g/day low-carbohydrate diet in type 2 diabetes with poor glycemic control. *Clinical Nutrition*, 36(4), 992-1000. <https://doi.org/10.1016/j.clnu.2016.07.003>
- Schmidt, S., Christensen, M. B., Serifovski, N., Damm-Frydenberg, C., Jensen, J.-E. B., Fløyl, T., Størling, J., Ranjan, A., & Nørgaard, K. (2019). Low versus high carbohydrate diet in type 1 diabetes: A 12-week randomized open-label crossover study. *Diabetes, Obesity & Metabolism*, 21(7), 1680-1688. <https://doi.org/10.1111/dom.13725>
- Schwingshackl, L., & Hoffmann, G. (2014). Dietary fatty acids in the secondary prevention of coronary heart disease: A systematic review, meta-analysis and meta-regression. *BMJ Open*, 4(4), e004487. <https://doi.org/10.1136/bmjopen-2013-004487>
- Seshadri, P., Iqbal, N., Stern, L., Williams, M., Chicano, K. L., Daily, D. A., McGrory, J., Gracely, E. J., Rader, D. J., & Samaha, F. F. (2004). A randomized study comparing the effects of a low-carbohydrate diet and a conventional diet on lipoprotein subfractions and C-reactive protein levels in patients with severe obesity. *The American Journal of Medicine*, 117(6), 398-405. <https://doi.org/10.1016/j.amjmed.2004.04.009>
- Shai, I., Schwarzfuchs, D., Henkin, Y., Shahar, D. R., Witkow, S., Greenberg, I., Golan, R., Fraser, D., Bolotin, A., Vardi, H., Tangi-Rozental, O., Zuk-Ramot, R., Sarusi, B., Brickner, D., Schwartz, Z., Sheiner, E., Marko, R., Katorza, E., Thiery, J., ... Stampfer, M. J. (2008). Weight Loss with a Low-Carbohydrate, Mediterranean, or Low-Fat Diet. *New England Journal of Medicine*, 359(3), 229-241. <https://doi.org/10.1056/NEJMoa0708681>
- Shams-White, M. M., Chung, M., Du, M., Fu, Z., Insogna, K. L., Karlsen, M. C., LeBoff, M. S., Shapses, S. A., Sackey, J., Wallace, T. C., & Weaver, C. M. (2017). Dietary protein and bone health: A systematic review and meta-analysis from the National Osteoporosis Foundation. *The American Journal of Clinical Nutrition*, 105(6), 1528-1543. <https://doi.org/10.3945/ajcn.116.145110>
- Shang, Y., Zhou, H., He, R., & Lu, W. (2021). Dietary Modification for Reproductive Health in Women With Polycystic Ovary Syndrome: A Systematic Review and Meta-Analysis. *Frontiers in Endocrinology*, 12. <https://www.frontiersin.org/articles/10.3389/fendo.2021.735954>
- Shapiro, S. (2004). Looking to the 21st century: Have we learned from our mistakes, or are we doomed to compound them? *Pharmacoepidemiology and Drug Safety*, 13(4), 257-265. <https://doi.org/10.1002/pds.903>
- Sharma, S., Goel, S., Jain, P., Agarwala, A., & Aneja, S. (2016). Evaluation of a simplified modified Atkins diet for use by parents with low levels of literacy in children with refractory epilepsy: A randomized controlled trial. *Epilepsy Research*, 127, 152-159. <https://doi.org/10.1016/j.epilepsyres.2016.09.002>
- 9 Sharman, M. J., Gómez, A. L., Kraemer, W. J., & Volek, J. S. (2004). Very low-carbohydrate and low-fat diets affect fasting lipids and postprandial lipemia differently in overweight men. *The Journal of Nutrition*, 134(4), 880-885. <https://doi.org/10.1093/jn/134.4.880>
- Siegel, R. M., Rich, W., Joseph, E. C., Linhardt, J., Knight, J., Khoury, J., & Daniels, S. R. (2009). A 6-month, office-based, low-carbohydrate diet intervention in obese teens. *Clinical Pediatrics*, 48(7), 745-749. <https://doi.org/10.1177/0009922809332585>
- Siri-Tarino, P. W., Sun, Q., Hu, F. B., & Krauss, R. M. (2010). Meta-analysis of prospective cohort studies evaluating the association of saturated fat with cardiovascular disease. *The American Journal of Clinical Nutrition*, 91(3), 535-546. <https://doi.org/10.3945/ajcn.2009.27725>
- Snorgaard, O., Poulsen, G. M., Andersen, H. K., & Astrup, A. (2017). Systematic review and meta-analysis of dietary carbohydrate restriction in patients with type 2 diabetes. *BMJ Open Diabetes Research and Care*, 5(1), e000354. <https://doi.org/10.1136/bmjdr-2016-000354>
- Sondike, S. B., Copperman, N., & Jacobson, M. S. (2003). Effects of a low-carbohydrate diet on weight loss and cardiovascular risk factor in overweight adolescents. *The Journal of Pediatrics*, 142(3), 253-258. <https://doi.org/10.1067/mpd.2003.4>
- Souza, R. J. de, Mente, A., Maroleanu, A., Cozma, A. I., Ha, V., Kishibe, T., Uleryk, E., Budylowski, P., Schünemann, H., Beyene, J., & Anand, S. S. (2015). Intake of saturated and trans unsaturated fatty acids and risk of all cause mortality, cardiovascular disease, and type 2 diabetes: Systematic review and meta-analysis of observational studies. *BMJ*, 351, h3978. <https://doi.org/10.1136/bmj.h3978>
- Su, H., Li, Y.-T., Heitkemper, M. M., & Zia, J. (2019). Effects of Low-FODMAPS Diet on Irritable Bowel Syndrome Symptoms and Gut Microbiome. *Gastroenterology Nursing: The Official Journal of the Society of Gastroenterology Nurses and Associates*, 42(2), 150-158. <https://doi.org/10.1097/SGA.0000000000000428>
- Sun, S., Kong, Z., Shi, Q., Hu, M., Zhang, H., Zhang, D., & Nie, J. (2019). Non-Energy-Restricted Low-Carbohydrate Diet Combined with Exercise Intervention Improved Cardiometabolic Health in Overweight Chinese Females. *Nutrients*, 11(12), Art. 12. <https://doi.org/10.3390/nu11123051>
- Suyoto, P. S. T. (2018). Effect of low-carbohydrate diet on markers of renal function in patients with type 2 diabetes: A meta-analysis. *Diabetes/Metabolism Research and Reviews*, 34(7), e3032. <https://doi.org/10.1002/dmrr.3032>
- Taus, M., Fumelli, D., Busni, D., Borroni, F., Sebastianelli, S., Nicolai, G., & Nicolai, A. (2017). A very low calorie ketogenic diet improves weight loss and quality of life in patients with adjustable gastric banding. *Annali Italiani Di Chirurgia*, 88, S0003469X17026550.

- Tay, J., Luscombe-Marsh, N. D., Thompson, C. H., Noakes, M., Buckley, J. D., Wittert, G. A., Yancy, W. S., & Brinkworth, G. D. (2014). A very low-carbohydrate, low-saturated fat diet for type 2 diabetes management: A randomized trial. *Diabetes Care*, 37(11), 2909-2918. <https://doi.org/10.2337/dc14-0845>
- Tay, J., Luscombe-Marsh, N. D., Thompson, C. H., Noakes, M., Buckley, J. D., Wittert, G. A., Yancy, W. S., & Brinkworth, G. D. (2015). Comparison of low- and high-carbohydrate diets for type 2 diabetes management: A randomized trial. *The American Journal of Clinical Nutrition*, 102(4), 780-790. <https://doi.org/10.3945/ajcn.115.112581>
- Tay, J., Thompson, C. H., Luscombe-Marsh, N. D., Wycherley, T. P., Noakes, M., Buckley, J. D., Wittert, G. A., Yancy, W. S., & Brinkworth, G. D. (2018). Effects of an energy-restricted low-carbohydrate, high unsaturated fat/low saturated fat diet versus a high-carbohydrate, low-fat diet in type 2 diabetes: A 2-year randomized clinical trial. *Diabetes, Obesity & Metabolism*, 20(4), 858-871. <https://doi.org/10.1111/dom.13164>
- Thomson, C. A., Stopeck, A. T., Bea, J. W., Cussler, E., Nardi, E., Frey, G., & Thompson, P. A. (2010). Changes in body weight and metabolic indexes in overweight breast cancer survivors enrolled in a randomized trial of low-fat vs. Reduced carbohydrate diets. *Nutrition and Cancer*, 62(8), 1142-1152. <https://doi.org/10.1080/01635581.2010.513803>
- Thorning, T. K., Raziani, F., Bendsen, N. T., Astrup, A., Tholstrup, T., & Raben, A. (2015). Diets with high-fat cheese, high-fat meat, or carbohydrate on cardiovascular risk markers in overweight postmenopausal women: A randomized crossover trial. *The American Journal of Clinical Nutrition*, 102(3), 573-581. <https://doi.org/10.3945/ajcn.115.109116>
- Tinguely, D., Gross, J., & Kosinski, C. (2021). Efficacy of Ketogenic Diets on Type 2 Diabetes: A Systematic Review. *Current Diabetes Reports*, 21(9), 32. <https://doi.org/10.1007/s11892-021-01399-z>
- Tirosh, A., Golan, R., Harman-Boehm, I., Henkin, Y., Schwarzfuchs, D., Rudich, A., Kovsky, J., Fiedler, G. M., Blüher, M., Stumvoll, M., Thiery, J., Stampfer, M. J., & Shai, I. (2013). Renal function following three distinct weight loss dietary strategies during 2 years of a randomized controlled trial. *Diabetes Care*, 36(8), 2225-2232. <https://doi.org/10.2337/dc12-1846>
- Tobias, D. K., Chen, M., Manson, J. E., Ludwig, D. S., Willett, W., & Hu, F. B. (2015). Effect of low-fat diet interventions versus other diet interventions on long-term weight change in adults: A systematic review and meta-analysis. *The Lancet Diabetes & Endocrinology*, 3(12), 968-979. [https://doi.org/10.1016/S2213-8587\(15\)00367-8](https://doi.org/10.1016/S2213-8587(15)00367-8)
- Tsaban, G., Wolak, A., Avni-Hassid, H., Gepner, Y., Shelef, I., Henkin, Y., Schwarzfuchs, D., Cohen, N., Bril, N., Rein, M., Serfaty, D., Kenigsbuch, S., Tene, L., Zelicha, H., Yaskolka-Meir, A., Komy, O., Bilitzky, A., Chassidim, Y., Ceglarek, U., ... Shai, I. (2017). Dynamics of intrapericardial and extrapericardial fat tissues during long-term, dietary-induced, moderate weight loss. *The American Journal of Clinical Nutrition*, 106(4), 984-995. <https://doi.org/10.3945/ajcn.117.157115>
- 10 Turton, J., Brinkworth, G. D., Field, R., Parker, H., & Rooney, K. (2019). An evidence-based approach to developing low-carbohydrate diets for type 2 diabetes management: A systematic review of interventions and methods. *Diabetes, Obesity & Metabolism*, 21(11), 2513-2525. <https://doi.org/10.1111/dom.13837>
- van Lanen, A.-S., de Bree, A., & Greyling, A. (2021). Efficacy of a low-FODMAP diet in adult irritable bowel syndrome: A systematic review and meta-analysis. *European Journal of Nutrition*, 60(6), 3505-3522. <https://doi.org/10.1007/s00394-020-02473-0>
- van Zuuren, E. J., Fedorowicz, Z., Kuijpers, T., & Pijl, H. (2018). Effects of low-carbohydrate- compared with low-fat-diet interventions on metabolic control in people with type 2 diabetes: A systematic review including GRADE assessments. *The American Journal of Clinical Nutrition*, 108(2), 300-331. <https://doi.org/10.1093/ajcn/nqy096>
- Volek, J. S., Ballard, K. D., Silvestre, R., Judelson, D. A., Quann, E. E., Forsythe, C. E., Fernandez, M. L., & Kraemer, W. J. (2009). Effects of dietary carbohydrate restriction versus low-fat diet on flow-mediated dilation. *Metabolism: Clinical and Experimental*, 58(12), 1769-1777. <https://doi.org/10.1016/j.metabol.2009.06.005>
- Volek, J. S., Gómez, A. L., & Kraemer, W. J. (2000). Fasting lipoprotein and postprandial triacylglycerol responses to a low-carbohydrate diet supplemented with n-3 fatty acids. *Journal of the American College of Nutrition*, 19(3), 383-391. <https://doi.org/10.1080/07315724.2000.10718935>
- Volek, J. S., Phinney, S. D., Forsythe, C. E., Quann, E. E., Wood, R. J., Puglisi, M. J., Kraemer, W. J., Bibus, D. M., Fernandez, M. L., & Feinman, R. D. (2009). Carbohydrate restriction has a more favorable impact on the metabolic syndrome than a low fat diet. *Lipids*, 44(4), 297-309. <https://doi.org/10.1007/s11745-008-3274-2>
- Volek, J. S., Sharman, M. J., Gómez, A. L., DiPasquale, C., Roti, M., Pumerantz, A., & Kraemer, W. J. (2004). Comparison of a very low-carbohydrate and low-fat diet on fasting lipids, LDL subclasses, insulin resistance, and postprandial lipemic responses in overweight women. *Journal of the American College of Nutrition*, 23(2), 177-184. <https://doi.org/10.1080/07315724.2004.10719359>
- Volek, J. S., Sharman, M. J., Gómez, A. L., Scheett, T. P., & Kraemer, W. J. (2003). An isoenergetic very low carbohydrate diet improves serum HDL cholesterol and triacylglycerol concentrations, the total cholesterol to HDL cholesterol ratio and postprandial lipemic responses compared with a low fat diet in normal weight, normolipidemic women. *The Journal of Nutrition*, 133(9), 2756-2761. <https://doi.org/10.1093/in/133.9.2756>
- Volek, J. S., Sharman, M. J., Love, D. M., Avery, N. G., Gómez, A. L., Scheett, T. P., & Kraemer, W. J. (2002). Body composition and hormonal responses to a carbohydrate-restricted diet. *Metabolism: Clinical and Experimental*, 51(7), 864-870. <https://doi.org/10.1053/meta.2002.32037>

- Volek, J., Sharman, M., Gómez, A., Judelson, D., Rubin, M., Watson, G., Sokmen, B., Silvestre, R., French, D., & Kraemer, W. (2004). Comparison of energy-restricted very low-carbohydrate and low-fat diets on weight loss and body composition in overweight men and women. *Nutrition & Metabolism*, 1, 13. <https://doi.org/10.1186/1743-7075-1-13>
- Walsh, C. O., Ebbeling, C. B., Swain, J. F., Markowitz, R. L., Feldman, H. A., & Ludwig, D. S. (2013). Effects of diet composition on postprandial energy availability during weight loss maintenance. *PLoS One*, 8(3), e58172. <https://doi.org/10.1371/journal.pone.0058172>
- Wang, J., Yang, P., Zhang, L., & Hou, X. (2021). A Low-FODMAP Diet Improves the Global Symptoms and Bowel Habits of Adult IBS Patients: A Systematic Review and Meta-Analysis. *Frontiers in Nutrition*, 8, 683191. <https://doi.org/10.3389/fnut.2021.683191>
- Wang, L.-L., Wang, Q., Hong, Y., Ojo, O., Jiang, Q., Hou, Y.-Y., Huang, Y.-H., & Wang, X.-H. (2018). The Effect of Low-Carbohydrate Diet on Glycemic Control in Patients with Type 2 Diabetes Mellitus. *Nutrients*, 10(6), E661. <https://doi.org/10.3390/nu10060661>
- Westman, E. C., Yancy, W. S., Edman, J. S., Tomlin, K. F., & Perkins, C. E. (2002). Effect of 6-month adherence to a very low carbohydrate diet program. *The American Journal of Medicine*, 113(1), 30-36. [https://doi.org/10.1016/s0002-9343\(02\)01129-4](https://doi.org/10.1016/s0002-9343(02)01129-4)
- Westman, E. C., Yancy, W. S., Mavropoulos, J. C., Marquart, M., & McDuffie, J. R. (2008). The effect of a low-carbohydrate, ketogenic diet versus a low-glycemic index diet on glycemic control in type 2 diabetes mellitus. *Nutrition & Metabolism*, 5, 36. <https://doi.org/10.1186/1743-7075-5-36>
- Wycherley, T. P., Thompson, C. H., Buckley, J. D., Luscombe-Marsh, N. D., Noakes, M., Wittert, G. A., & Brinkworth, G. D. (2016). Long-term effects of weight loss with a very-low carbohydrate, low saturated fat diet on flow mediated dilatation in patients with type 2 diabetes: A randomised controlled trial. *Atherosclerosis*, 252, 28-31. <https://doi.org/10.1016/j.atherosclerosis.2016.07.908>
- Yamada, Y., Uchida, J., Izumi, H., Tsukamoto, Y., Inoue, G., Watanabe, Y., Irie, J., & Yamada, S. (2014). A non-calorie-restricted low-carbohydrate diet is effective as an alternative therapy for patients with type 2 diabetes. *Internal Medicine (Tokyo, Japan)*, 53(1), 13-19. <https://doi.org/10.2169/internalmedicine.53.0861>
- Yancy, W. S., Foy, M., Chalecki, A. M., Vernon, M. C., & Westman, E. C. (2005). A low-carbohydrate, ketogenic diet to treat type 2 diabetes. *Nutrition & Metabolism*, 2, 34. <https://doi.org/10.1186/1743-7075-2-34>
- Yancy, W. S., Olsen, M. K., Guyton, J. R., Bakst, R. P., & Westman, E. C. (2004). A low-carbohydrate, ketogenic diet versus a low-fat diet to treat obesity and hyperlipidemia: A randomized, controlled trial. *Annals of Internal Medicine*, 140(10), 769-777. <https://doi.org/10.7326/0003-4819-140-10-200405180-00006>
- 11 Yancy, W. S., Westman, E. C., McDuffie, J. R., Grambow, S. C., Jeffreys, A. S., Bolton, J., Chalecki, A., & Oddone, E. Z. (2010). A randomized trial of a low-carbohydrate diet vs orlistat plus a low-fat diet for weight loss. *Archives of Internal Medicine*, 170(2), 136-145. <https://doi.org/10.1001/archinternmed.2009.492>
- Yang, Q., Lang, X., Li, W., & Liang, Y. (2022). The effects of low-fat, high-carbohydrate diets vs. low-carbohydrate, high-fat diets on weight, blood pressure, serum lipids and blood glucose: A systematic review and meta-analysis. *European Journal of Clinical Nutrition*, 76(1), 16-27. <https://doi.org/10.1038/s41430-021-00927-0>
- Zainordin, N. A., Eddy Warman, N. A., Mohamad, A. F., Abu Yazid, F. A., Ismail, N. H., Chen, X. W., Koshy, M., Abdul Rahman, T. H., Mohd Ismail, N., & Abdul Ghani, R. (2021). Safety and efficacy of very low carbohydrate diet in patients with diabetic kidney disease-A randomized controlled trial. *PLoS One*, 16(10), e0258507. <https://doi.org/10.1371/journal.pone.0258507>
- Zinn, C., McPhee, J., Harris, N., Williden, M., Prendergast, K., & Schofield, G. (2017). A 12-week low-carbohydrate, high-fat diet improves metabolic health outcomes over a control diet in a randomised controlled trial with overweight defence force personnel. *Applied Physiology, Nutrition, and Metabolism = Physiologie Appliquée, Nutrition Et Métabolisme*, 42(11), 1158-1164. <https://doi.org/10.1139/apnm-2017-0260>