

**TABLE S1. EXAMPLE OF VLCKD DIET THERAPY WITH MEAL
REPLACEMENT**

(New Penta Srl, Cuneo, Italy)

Breakfast (meal replacement, cappuccino drink)*

AVERAGE NUTRITIONAL ANALYSIS	
Kcal/KJ	91 / 386
Fat (g)	0,5
<i>of which saturated fatty acids (g)</i>	0,4
Carbohydrates (g)	2,7
<i>of which sugars (g)</i>	1,7
Fiber (g)	1,7
Protein (g)	18
Salt (g)	0,33



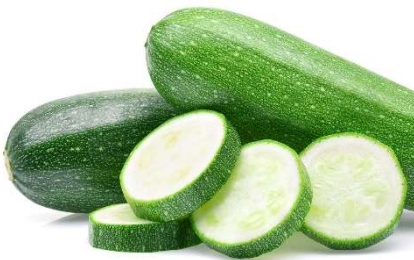
Mid-morning snack (meal replacement, milkshake-flavored drinks)*

AVERAGE NUTRITIONAL ANALYSIS	
Kcal/KJ	88 / 371
Fat (g)	0,7
<i>of which saturated fatty acids (g)</i>	0,2
Carbohydrates (g)	1,4
<i>of which sugars (g)</i>	1,1
Fiber (g)	2,5
Protein (g)	18
Salt (g)	0,32



Lunch, meal replacement (protein pasta)*

AVERAGE NUTRITIONAL ANALYSIS	
Kcal/KJ	143 / 605
Fat (g)	1,3
<i>of which saturated fatty acids (g)</i>	0,9
Carbohydrates (g)	1,6
<i>of which sugars (g)</i>	1,2
Fiber (g)	3,2
Protein (g)	15
Salt (g)	0,27



+ 200 g of low glycaemic index vegetables (e.g. courgettes)

+ 15 g of extra virgin olive oil



Dinner, meal replacement (type omelette)*

AVERAGE NUTRITIONAL ANALYSIS	
Kcal/KJ	113 / 476
Fat (g)	2,6
<i>of which saturated fatty acids (g)</i>	0,1
Carbohydrates (g)	2,5
<i>of which sugars (g)</i>	0,5
Fiber (g)	0,5
Protein (g)	20
Salt (g)	1,4



+ 200 g of low glycaemic index vegetables (e.g. courgettes)



+ 15 g of extra virgin olive oil

In addition:



+ Drink at least 2.5 liters of water *per day*

+ Multi-vitamin and saline supplements to maintain physiological ac-id/base balance (PentaCal, New Penta, Srl., Cuneo, Italy) (B complex vitamins, C and E vitamins, minerals, including potassium, sodium, magnesium, calcium, and omega-3 fatty acids.



Calories and nutrients from meal replacements	
Kcal/KJ	435/1838
Fat (g)	5,1
<i>of which saturated fatty acids (g)</i>	1,6
Carbohydrates (g)	8,2
<i>of which sugars (g)</i>	4,5
Fiber (g)	7,9
Protein (g)	71
Salt (g)	2,32

Calories and nutrients from EVOO and vegetables		
	EVOO (30 g)	Vegetables (e.g. courgettes) (200 g + 200 g)
Kcal/KJ	269,7/1108,8	44/192
Fat (g)	29,97	0,4
<i>of which saturated fatty acids (g)</i>	0	0
Carbohydrates (g)	0	5,6
<i>of which sugars (g)</i>	0	0
Fiber (g)	0	5,2
Protein (g)	0	5,2
Salt (g)	0	4

Average values of the VLCKD	
Kcal/KJ	748,7/3138,8
Fat (g)	35,47
<i>of which saturated fatty acids (g)</i>	1,6
Carbohydrates (g)	13,8
<i>of which sugars (g)</i>	4,5
Fiber (g)	7,9
Protein (g)	76,2
Salt (g)	6,32

*** <https://pentadiet.it/prodotti>**