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Low-Carbohydrate Diets and Health Outcomes

Guest Editor:

Dr. Yasuyuki Nakamura

Department of Public Health,
Shiga University of Medical
Science, Otsu, Shiga 520-2192,
Japan

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Message from the Guest Editor

The effectiveness of diets low in carbohydrates and high in protein and fat in promoting weight loss and reducing cardiometabolic risk has been shown in several systematic reviews and meta-analysis studies. A recent prospective cohort study and meta-analysis showed that both high- and low-percentage carbohydrate diets were associated with increased mortality, with minimal risk observed at 50–55% carbohydrate intake. After seeing summarized case reports of low-carbohydrate diets (LCD) in clinical practice, the following questions now need to be answered: (1) what are the reasons for high- and low-percentage LCD being associated with increased all-cause mortality? (2) are there ways to avoid mortality risk in extremely low-carbohydrate diets? (3) LCD are costly in general. How can we overcome this problem, especially in developing countries? (4) does genetic background plays a role in preference for LCDs?



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Special Issue



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Prof. Dr. Maria Luz Fernandez

Department of Nutritional
Sciences, University of
Connecticut, Storrs, CT 06269,
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Nutrients Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

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