

## Special Issue

# Health Benefits and Potential Risks of the Ketogenic Diet as a Nutritional Strategy

### Message from the Guest Editors

We are pleased to present this new Special Issue on “Health Benefits and Potential Risks of the Ketogenic Diet as a Nutritional Strategy”. Ketogenic dietary therapies (KDTs) are high-fat, moderate-protein, low-carbohydrate dietary therapies, inducing ketosis. KDTs are a well-established treatment for drug resistant epilepsy (DRE) and GLUT1 deficiency syndrome (GLUT1-DS), while several other clinical applications in other neurological diseases are still under investigation. Recently, KD has also been widely used and studied for metabolic-endocrine disease (e.g., obesity, type 2 diabetes, etc), with different mechanisms of action and goals. As all the dietary therapies, KDTs can have health benefits (e.g., seizure/symptoms control, cognitive improvements, reduced inflammation, metabolic control) as well as potential risks, including short-term GI disturbances or long-term detrimental effect on bone health, dyslipidemiae or nutrition deficiencies, etc. This SI seeks for original papers and reviews (including meta-analysis and umbrella-reviews), case reports related to KDTs use as a nutritional strategy giving new insights to improve KDT knowledge and clinical practice.

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### Deadline for manuscript submissions

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### Message from the Editorial Board

*Nutrients* is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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