

Special Issue

The Effect of Ketogenic Diet on Human Health

Message from the Guest Editors

This Special Issue of *Nutrients*, titled “The Effect of Ketogenic Diet on Human Health,” is a compilation of pioneering research and detailed reviews that examine the diverse effects of ketogenic dietary strategies. Despite the increasing interest and positive findings, several questions continue to linger in the scientific community regarding the ketogenic diet, including the duration of dietary interventions, specific nutrient deficiencies, and individual susceptibility. These inquiries underscore the need for ongoing research to establish clearer guidelines and a deeper understanding of how this diet can be effectively implemented. To accomplish this, this Special Issue features a rich array of research articles and extensive reviews, making it a valuable resource for both researchers and clinicians. By compiling cutting-edge studies and expert analyses, the aim is to support further exploration and understanding of the role of the ketogenic diet in human health, ultimately contributing to informed dietary practices and interventions that can significantly benefit individuals dealing with metabolic and neurological disorders, among other health issues.

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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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