

Special Issue

The Effects of Ketogenic Diet on Human Health and Disease

Message from the Guest Editors

The ketogenic diet was originally used for treatment of refractory epilepsy. After several decades, the ketogenic diet is now considered a popular strategy for losing weight and improving metabolic disorders as well. However, beyond “simple” weight loss, many other applications are emerging, including neurodegenerative disorders, fatigue, and cancer. At the same time, although it is considered generally safe, more research should explore the relationship between the keto diet and blood pressure, kidney stones, and increased risk of heart disease. Furthermore, several symptoms, such as an upset stomach, dizziness, decreased energy, and mood swings caused by your body adapting to ketosis, are also common. Based on this, the primary goal of the work should be to explore the effects of a ketogenic diet and, consequently, ketosis on various aspects of human health, ranging from athletic performance to aging, and medical conditions such as obesity, diabetes, palliative care, autoimmune conditions, neurodegenerative disease, and cancer, among others.

Guest Editors

Dr. Giuseppe Cerullo

Department of Biomedical Sciences, University of Padova, 35131 Padova, Italy

Prof. Dr. Antonio Paoli

Department of Biomedical Sciences, University of Padova, 35131 Padova, Italy

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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (UIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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