

## Special Issue

# The Role of Ketogenic Diet in Human Health and Diseases

### Message from the Guest Editors

Ketogenic diets have long been a weapon for the treatment of refractory epilepsy and are now widely used for obesity and metabolic disorders as well. They have been criticized due to their potentially unhealthy macronutrient ratio, but more and more evidence is confirming their safety. Beyond “simple” weight loss, many other applications are emerging, such as in neurodegenerative disorders, pain, and cancer. Borrowing from a popular literature review on the topic, there is “evidence for optimism, but high-quality research is needed”. Thus, the aim of this Special Issue is to gather high-quality evidence on the potential role played by ketone bodies and their impact on health and medical conditions. Original research as well as literature reviews and meta-analyses are welcome. The main objective of the work should be to investigate the impact of ketosis (reached by any means—intermittent fasting, time-restricted feeding, any ketogenic diet, exogenous ketones) on human health or diseases, including obesity, diabetes, palliative care, autoimmune conditions, neurodegenerative disease, cancer, etc.

### Guest Editors

Dr. Carla Lubrano

Prof. Dr. Giovanni Spera

Dr. Mikiko Watanabe

Prof. Dr. Silvia Savastano

### Deadline for manuscript submissions

closed (15 February 2023)



## Nutrients

an Open Access Journal  
by MDPI

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/si/95453](https://mdpi.com/si/95453)

*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)





# Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)



## About the Journal

### 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

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

#### Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)