

Special Issue

Low-Carbohydrate Diets and Health Outcomes

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?

Guest Editor

Dr. Yasuyuki Nakamura

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

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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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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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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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