

Special Issue

Very-Low-Calorie Ketogenic Diet in the Management of Metabolic Diseases

Message from the Guest Editors

In recent decades, the worldwide prevalence of obesity and metabolic diseases such as type 2 diabetes has increased dramatically, resulting in a global epidemic. Weight loss is a milestone in the prevention and management of obesity and its comorbidities. In this context, the very-low-calorie ketogenic diet (VLCKD) has recently attracted increasing interest for the treatment of obesity and metabolic diseases. Although the clinical benefits of the VLCKD are becoming increasingly apparent, concerns remain about its potential risks and long-term use due to the paucity of clinical trials. The aim of this Special Issue titled 'Very-Low-Calorie Ketogenic Diet in the Management of Metabolic Diseases' is to publish selected articles on VLCKD as a nutritional approach for obesity and metabolic diseases. Special attention is paid to papers (reviews, epidemiological/clinical/experimental studies) that examine the efficacy and safety of VLCKD in the management of metabolic diseases.

Guest Editors

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Dr. Luigi Barrea

Dr. Ludovica Verde

Deadline for manuscript submissions

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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.

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