Roundup - September 2024

New this month in therapeutic carbohydrate restriction and metabolic health.

Metabolic Studies

1. Akbari, M. *et al.* (2024) 'Comparison of weight loss effects among overweight/obese adults: A network meta-analysis of mediterranean, low carbohydrate, and low-fat diets', *Clinical Nutrition ESPEN*, 64, pp. 7–15. Available at: https://doi.org/10.1016/j.clnesp.2024.08.023.
2. Annunziata, G. *et al.* (2024) 'Nutritional assessment and medical dietary therapy for management of obesity in patients with non-dialysis chronic kidney disease: a practical guide for endocrinologist, nutritionists and nephrologists. A consensus statement from [Italian groups]', *Journal of Endocrinological Investigation* [Preprint]. Available at: https://doi.org/10.1007/s40618-024-02446-8.
3. Banner, L., Rice Bradley, B.H. and Clinthorne, J. (2024) 'Nutrient analysis of three low-carbohydrate diets differing in carbohydrate content', *Frontiers in Nutrition*, 11, p. 1449109. Available at: https://doi.org/10.3389/fnut.2024.1449109.
4. Follis, S. *et al.* (2024) 'Effect of Low-Carbohydrate vs Low-Fat Diet Intervention on Visceral Fat in a 12-Month Randomized Controlled Trial'. Available at: https://doi.org/10.21203/rs.3.rs-4926524/v1. preprint
5. Goss, A.M. *et al.* (2020) 'Effects of weight loss during a very low carbohydrate diet on specific adipose tissue depots and insulin sensitivity in older adults with obesity: a randomized clinical trial', *Nutrition & Metabolism*, 17(1), p. 64. Available at: https://doi.org/10.1186/s12986-020-00481-9.
6. Jameson, G.S. *et al.* (2024) 'Abstract B012: Randomized phase II trial of two different nutritional approaches for patients receiving treatment for their advanced pancreatic cancer: initial results of safety and feasibility of the medically supervised ketogenic diet', *Cancer Research*, 84(17_Supplement_2), p. B012. Available at: https://doi.org/10.1158/1538-7445.PANCREATIC24-B012. ABSTRACT
7. Lu, N. *et al.* (2024) 'Impact of a ketogenic diet on intestinal microbiota, cardiometabolic, and glycemic control parameters in patients with Type 2 diabetes mellitus.', *Investigación Clínica*, 65(3), pp. 358–368. Available at: https://doi.org/10.54817/ic.v65n3a08.
8. Nayyar, M. *et al.* (2024) 'Effect of balance diet versus low carb diet in improving pain in knee Osteoarthritis', *International Journal of Integrative Studies*, pp. 08–16. Available at: https://ijis.co.in/index.php/files/article/view/108

9. Neuman, V. *et al.* (2024) 'Low-carbohydrate diet in children and young people with type 1 diabetes: A randomized controlled trial with cross-over design', *Diabetes Research and Clinical Practice*, 217, p. 111844. Available at: https://doi.org/10.1016/j.diabres.2024.111844.
10. Ohbe, H. *et al.* (2024) 'Effects of high-fat, low-carbohydrate enteral nutrition in critically ill patients: A systematic review with meta-analysis', *Clinical Nutrition (Edinburgh, Scotland)*, 43(10), pp. 2399–2406. Available at: https://doi.org/10.1016/j.clnu.2024.09.023.
11. Wang, Y. *et al.* (2024) 'Effect of 5:2 intermittent fasting diet versus daily calorie restriction eating on metabolic-associated fatty liver disease—a randomized controlled trial', *Frontiers in Nutrition*, 11. Available at: https://doi.org/10.3389/fnut.2024.1439473.
12. Roth, B. *et al.* (2024) 'A Starch- and Sucrose-Reduced Diet Has Similar Efficiency as Low FODMAP in IBS—A Randomized Non-Inferiority Study', *Nutrients*, 16(17), p. 3039. Available at: https://doi.org/10.3390/nu16173039.

General Reviews

1. Emamdoost, S. (2024) 'Can the ketogenic diet improve the hamstring muscle rupture? A narrative review'. Available at: https://www.jsportrs.com/article_201640_a8fcfb3c02003d10a6e4829319b41789.pdf
2. Keferstein, L.G. (2024) 'Carnivore Diet as Regenerative Immunotherapy for Inflammatory Bowel Disease: Literature Review, A Novel Hypothesis and Experimental Design'. Preprints. Available at: https://doi.org/10.20944/preprints202409.0108.v1.

Women

1. Javed, S.R. *et al.* (2024) 'Implications of obesity and insulin resistance for the treatment of oestrogen receptor-positive breast cancer', *British Journal of Cancer* [Preprint]. Available at: https://doi.org/10.1038/s41416-024-02833-1.
2. Rossmeislová, L. *et al.* (2024) 'Obesity alters adipose tissue response to fasting and refeeding in women: A study on lipolytic and endocrine dynamics and acute insulin resistance', *Heliyon*, 10(18), p. e37875. Available at: https://doi.org/10.1016/j.heliyon.2024.e37875.
3. Tsushima, Y. *et al.* (2024) 'Ketogenic diet improves fertility in patients with polycystic ovary syndrome: a brief report', *Frontiers in Nutrition*, 11, p. 1395977. Available at: https://doi.org/10.3389/fnut.2024.1395977.

Performance in exercise

1. Brenner, R.J. *et al.* (2024) 'A review of nutritional recommendations for scuba divers', *Journal of the International Society of Sports Nutrition*, 21(1), p. 2402386. Available at: https://doi.org/10.1080/15502783.2024.2402386.
2. Stalmans, M. *et al.* (2024) 'Exogenous ketosis attenuates acute mountain sickness and mitigates normobaric high-altitude hypoxemia', *Journal of Applied Physiology (Bethesda, Md.: 1985)* [Preprint]. Available at: https://doi.org/10.1152/japplphysiol.00190.2024. ABSTRACT
3. Sun, K. *et al.* (2024) 'The Effects of Ketogenic Diets and Ketone Supplements on the Aerobic Performance of Endurance Runners: A Systematic Review', *Sports Health*, p. 19417381241271547. Available at: https://doi.org/10.1177/19417381241271547. ABSTRACT

Neurology

1. Anwar, L. *et al.* (2024) 'The Impact of Diet on Parkinson's Disease: A Systematic Review', *Cureus* [Preprint]. Available at: https://doi.org/10.7759/cureus.70337.

Metabolic Psychiatry

1. Decker, D.D. (2024) *Ketogenic Intervention in Depression: a Pilot Study*. The Ohio State University. Available at: https://etd.ohiolink.edu/acprod/odb_etd/etd/r/1501/10?clear=10&p10_accession_num=osu1721230237268335 (Accessed: 28 September 2024).
2. Frank, G.K.W. and Scolnick, B. (2024) 'Therapeutic ketogenic diet as treatment for anorexia nervosa', *Frontiers in Nutrition*, 11. Available at: https://doi.org/10.3389/fnut.2024.1392135.
3. Laurent, N. *et al.* (2024) 'Ketogenic diets in clinical psychology: examining the evidence and implications for practice', *Frontiers in Psychology*, 15. Available at: https://doi.org/10.3389/fpsyg.2024.1468894.

Case Studies

1. Trapanese, V. *et al.* (2024) 'Impressive weight loss induced by a very low-calorie ketogenic diet in a morbidly complex obese patient with a recent episode of acute kidney injury and advanced chronic kidney disease: a case report', *Italian Journal of Medicine*, 18(3). Available at: https://doi.org/10.4081/itjm.2024.1787.