



NUTRITION & WELLNESS

Military Families Learning Network

Understanding the Hype: Emerging Evidence for the Use of the Ketogenic Diet in Chronic Disease July 20th, 11am EDT

Resources

Charlie Foundation for Ketogenic Therapies <https://www.charliefoundation.org>

Great resource to about the ketogenic diet and applications.

Nutricia KetoCal Resources for professionals and parents. <https://myketocal.com/kdcenters>

Mathews Friends A UK registered charity specializing in medical ketogenic diet therapies. <https://www.matthewsfriends.org>

Keto Vie Professional Training in Ketogenic Therapy <https://www.ketovie.com/clinical-resources/training/>

Nutricia Learning Center (NLC) Resources and webinars for healthcare professionals <https://www.nutricialearningcenter.com>

My Ketogenic Diet A UK resource for ketogenic products. <https://www.myketogenicdiet.co.uk/en/>

Additional References

1.) The Ketogenic Diet: Evidence for Optimism but High-Quality Research Needed

[Ketogenic Diet: Evidence for Optimism but High-Quality Research Needed | The Journal of Nutrition | Oxford Academic \(oup.com\)](#)

This peer-reviewed journal article discusses the history of the ketogenic diet, evidence that a low-carbohydrate diet is more effective than a low-fat diet, and the ketogenic diet's potential to aid in diabetes treatment. This low-carb diet also may help reduce the risk of cardiovascular disease.

2.) Advantages and Disadvantages of the Ketogenic Diet: A Review Article

[Advantages and Disadvantages of the Ketogenic Diet: A Review Article \(nih.gov\)](#)



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This review article on the ketogenic diet (KD) talks about the common side effect of going on this diet, which is the “keto flu” (where one may feel nauseous and have headaches). The article also mentions that the KD may help reduce obesity.

3.) Ketogenic Diet in the Treatment of Cancer-Where Do We Stand? [Ketogenic diet in the treatment of cancer – Where do we stand? - ScienceDirect](#) This peer-reviewed journal article writes about the current research behind the ketogenic diet as a possible solution for reducing cancer tumor size.

4.) Dowis, K., & Banga, S. (2021). **The Potential Health Benefits of the Ketogenic Diet: A Narrative Review.** *Nutrients*, 13(5), 1654. <https://doi.org/10.3390/nu13051654>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6566854/>

5.) Bolla, A. M., Caretto, A., Laurenzi, A., Scavini, M., & Piemonti, L. (2019). **Low-Carb and Ketogenic Diets in Type 1 and Type 2 Diabetes.** *Nutrients*, 11(5), 962. <https://doi.org/10.3390/nu11050962> Type 2 Diabetes. The ketogenic diet has also been proven helpful to reduce waist measurement, body weight, and serum triglycerides. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6566854/>

6.) Is the Keto Diet for You? A Mayo Expert Weighs in [Is the keto diet for you? A Mayo expert weighs in - Mayo Clinic](#) In this organizational website by the Mayo Clinic, one of their experts explains the foods commonly found within a ketogenic diet, to what extent it works for weight loss, and discusses how it may be useful for athletes to follow the ketogenic diet.

7.) Effects of Ketogenic Diet on Cardiovascular Risk Factors: Evidence from Animal and Human Studies [Nutrients | Free Full-Text | Effects of Ketogenic Diets on Cardiovascular Risk Factors: Evidence from Animal and Human Studies | HTML \(mdpi.com\)](#) In this peer reviewed journal article, the authors discuss that while the ketogenic diet may be helpful in reducing the risk of being diagnosed with cardiovascular disease, the KD is also limited in how effective it may be in the long-run.