

2 KETOGENIC DIETS SCIENCE OR

SCIENCE FICTION?

"LOW" & "VERY LOW" CARBOHYDRATE DIETS



LCD = 50-130g/DAY

VLCD = <50g/DAY

RATIONALE

- POPULARITY of LCDs
- NEED for GUIDANCE
- GROWING and EVOLVING EVIDENCE



SCIENCE

- LOW VOLUME of HIGH-QUALITY EVIDENCE (ESP. T1D)
- AVOID SCIENCE FICTION:

POSITION

1 LCDs SAFE & EFFECTIVE SHORT-TERM
 2 NEED FOR SUPPORT

RECOMMENDATIONS

1 SUPPORT INDIVIDUALS IN CHOOSING HEALTHY EATING PATTERNS...



2 LCD/VLCD ARE ONE SUCH HEALTHY EATING PATTERN

- ALIGNED WITH: PREFERENCES, VALUES, GOALS

STATEMENT

3 SUPPORT from HEALTH CARE PROVIDERS

5 SUPPORT from DIETITIANS

4 EDUCATION



- ✓ CULTURALLY-APPROPRIATE
- ✓ ENJOYABLE
- ✓ SUSTAINABLE



MEDICATIONS AND MONITORING

CONTROL GROUP? RRR

DROP-OUT? RRR

SUBSTITUTE FOR CHO CALS? RRR

LEGITIMACY "REMISSION"?

LONG-TERM CONSEQUENCES?

