

Reply

Reply to Cetkovic et al. Comment on “Meneghini et al. The Impact of Nutritional Therapy in the Management of Overweight/Obese PCOS Patient Candidates for IVF. *Nutrients* 2023, 15, 4444”

Caterina Meneghini ^{1,*}, Claudia Bianco ², Francesco Galanti ¹, Valentina Tamburelli ³, Alessandro Dal Lago ¹, Emanuele Licata ¹, Mariagrazia Gallo ¹, Cristina Fabiani ¹, Roberta Corno ¹, Donatella Miriello ¹ and Rocco Rago ¹

¹ Physiopathology of Reproduction and Andrology Unit, Sandro Pertini Hospital, Via dei Monti Tiburtini 385/389, 00157 Rome, Italy

² Department of Science, University “Roma Tre”, 00146 Rome, Italy

³ Independent Researcher, 00100 Rome, Italy

* Correspondence: caterina.meneghini@aslroma2.it



Citation: Meneghini, C.; Bianco, C.; Galanti, F.; Tamburelli, V.; Dal Lago, A.; Licata, E.; Gallo, M.; Fabiani, C.; Corno, R.; Miriello, D.; et al. Reply to Cetkovic et al. Comment on “Meneghini et al. The Impact of Nutritional Therapy in the Management of Overweight/Obese PCOS Patient Candidates for IVF. *Nutrients* 2023, 15, 4444”. *Nutrients* **2024**, *16*, 439. <https://doi.org/10.3390/nu16030439>

Academic Editor: Maria Luz Fernandez

Received: 11 January 2024

Accepted: 23 January 2024

Published: 1 February 2024



Copyright: © 2024 by the authors. Licensee MDPI, Basel, Switzerland. This article is an open access article distributed under the terms and conditions of the Creative Commons Attribution (CC BY) license (<https://creativecommons.org/licenses/by/4.0/>).

Thanks for your comment [1]. In our work, we have stated that the Mediterranean diet is an indisputable cornerstone of nutrition which certainly leads to an improvement in the patient’s overall state of health [2]. However, our objective was to demonstrate that a VLCKD represents a valid alternative that allows patients to achieve their goals in a shorter period (120 days) and then proceed to medically assisted procreation (PMA). Furthermore, after the intensive phase, our patients reintegrate a low-calorie Mediterranean diet during pregnancy. This further demonstrates that we hold the Mediterranean diet in high regard.

We are continuing to recruit patients, and therefore our sample is destined to become larger.

We thank you for the attention that has been paid to our work and for your valuable suggestions.

Conflicts of Interest: The authors declare no conflict of interest.

References

1. Cetkovic, N.; Scarlata, G.G.M.; Abenavoli, L. Comment on Meneghini et al. The Impact of Nutritional Therapy in the Management of Overweight/Obese PCOS Patient Candidates for IVF. *Nutrients* **2023**, *15*, 4444. *Nutrients* **2024**, *16*, 417. [[CrossRef](#)]
2. Meneghini, C.; Bianco, C.; Galanti, F.; Tamburelli, V.; Dal Lago, A.; Licata, E.; Gallo, M.; Fabiani, C.; Corno, R.; Miriello, D.; et al. The Impact of Nutritional Therapy in the Management of Overweight/Obese PCOS Patient Candidates for IVF. *Nutrients* **2023**, *15*, 4444. [[CrossRef](#)] [[PubMed](#)]

Disclaimer/Publisher’s Note: The statements, opinions and data contained in all publications are solely those of the individual author(s) and contributor(s) and not of MDPI and/or the editor(s). MDPI and/or the editor(s) disclaim responsibility for any injury to people or property resulting from any ideas, methods, instructions or products referred to in the content.