



The Role of Ketogenic and Vegan Diet on Health, Body Composition and Athletic Performance

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Message from the Guest Editors

Dietary manipulation in conjunction with regimented physical exercise is an effective tool for improving body composition, health, and athletic performance. While different strategies have been promoted for manipulating nutritional variables, ketogenic and vegan diets have emerged as popular options, both in clinical and sport contexts, due to their capacity to alter body composition, variables related to athletic performance, and markers of cardiovascular and metabolic health.

Although there is controversy in this regard, this type of diets can be considered part of the therapeutic management of pathologies and the optimization of sports performance.

In this Special Issue, we intend to collect original research, systematic reviews, and meta-analysis articles with the aim to advance our understanding of the role of ketogenic and vegan diet and their metabolites on health, body composition level, and athletic performance. The main objective of the work should be to investigate the impact of ketosis or vegan diet on human health or diseases (including obesity, diabetes, palliative care, autoimmune conditions, neurodegenerative disease, etc.), fitness, and body composition levels.





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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