



Very-Low-Calorie Ketogenic Diet in the Management of Metabolic Diseases

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Message from the Guest Editors

Dear Colleagues,

In recent decades, the worldwide prevalence of obesity and metabolic diseases such as type 2 diabetes has increased dramatically, resulting in a global epidemic. Weight loss is a milestone in the prevention and management of obesity and its comorbidities. In this context, the very-low-calorie ketogenic diet (VLCKD) has recently attracted increasing interest for the treatment of obesity and metabolic diseases. Although the clinical benefits of the VLCKD are becoming increasingly apparent, concerns remain about its potential risks and long-term use due to the paucity of clinical trials.

The aim of this Special Issue titled 'Very-Low-Calorie Ketogenic Diet in the Management of Metabolic Diseases' is to publish selected articles on VLCKD as a nutritional approach for obesity and metabolic diseases. Special attention is paid to papers (reviews, epidemiological/clinical/experimental studies) that examine the efficacy and safety of VLCKD in the management of metabolic diseases.

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