

Roundup - November 2021

New this month in therapeutic carbohydrate restriction and metabolic health.

Reviews/Mechanisms

1. Singh M, Hung ES, Cullum A, et al. Lower carbohydrate diets for adults with **type 2 diabetes**. *British Journal of Nutrition*. Published online November 1, 2021:1-6. doi:[10.1017/S0007114521002373](https://doi.org/10.1017/S0007114521002373)
2. Health, A.G.D. of (2021) *Australian National Diabetes Strategy 2021-2030*, Australian Government Department of Health. [Australian Government Department of Health](https://www.health.gov.au/australian-government-department-of-health). (page 18)
3. Position statement for healthcare professionals - **remission** in adults with Type 2 diabetes (2021) [Diabetes UK](https://www.diabetesuk.org/).
4. Silveira, E.A. *et al.* (2021) 'Which Diets Are Effective in Reducing Cardiovascular and Cancer Risk in **Women with Obesity**? An Integrative Review', *Nutrients*, 13(10). doi:[10.3390/nu13103504](https://doi.org/10.3390/nu13103504).
5. Shang Y, Zhou H, He R, Lu W. Dietary Modification for Reproductive Health in Women With **Polycystic Ovary Syndrome**: A Systematic Review and Meta-Analysis. *Frontiers in Endocrinology*. 2021;12:1408. doi:[10.3389/fendo.2021.735954](https://doi.org/10.3389/fendo.2021.735954)
6. Saadati, N. *et al.* (2021) 'The effect of low glycemic index diet on the reproductive and clinical profile in women with **polycystic ovarian syndrome**: A systematic review and meta-analysis', *Heliyon*, 7(11), p. e08338. doi:[10.1016/j.heliyon.2021.e08338](https://doi.org/10.1016/j.heliyon.2021.e08338)
7. Churuangsuk, C. *et al.* (2021) 'Diets for weight management in adults with **type 2 diabetes**: an umbrella review of published meta-analyses and systematic review of trials of diets for diabetes remission', *Diabetologia*. doi:[10.1007/s00125-021-05577-2](https://doi.org/10.1007/s00125-021-05577-2)
8. Zhang, W. *et al.* (2021) 'Ketogenic Diets and **Cardio-Metabolic Diseases**', *Frontiers in Endocrinology*, 12. doi:[10.3389/fendo.2021.753039](https://doi.org/10.3389/fendo.2021.753039)
9. Daines, S.A. (2021) 'The Therapeutic Potential and Limitations of Ketones in **Traumatic Brain Injury**', *Frontiers in Neurology*, 12. doi:[10.3389/fneur.2021.723148](https://doi.org/10.3389/fneur.2021.723148).
10. Dipti Kapoor DG. Emerging Role of the Ketogenic Dietary Therapies beyond Epilepsy in **Child Neurology**. *Annals of Indian Academy of Neurology*. 2021;24(4):470. doi:[10.4103/aian.AIAN_20_21](https://doi.org/10.4103/aian.AIAN_20_21)
11. Mierzyński R, Poniedziałek-Czajkowska E, Sotowski M, Szydełko-Gorzkowicz M. Nutrition as Prevention Factor of **Gestational Diabetes Mellitus**: A Narrative Review. *Nutrients*. 2021;13(11):3787. doi:[10.3390/nu13113787](https://doi.org/10.3390/nu13113787)
12. Ray S, Ongkeko AM, Budhi A (2021) Diet, Nutrition, and **Opioid Addiction**. *J Alcohol Drug Depend*. 9:345. ISSN: [2329-6488](https://doi.org/10.2329-6488) [PDF](#)
13. Barrea L, Pugliese G, Frias-Toral E, et al. Is there a relationship between the ketogenic diet and **sleep disorders**? *International Journal of Food Sciences and Nutrition*. 2021;0(0):1-11. doi:[10.1080/09637486.2021.1993154](https://doi.org/10.1080/09637486.2021.1993154) ABSTRACT

14. Littlemore, B. and Duerden, S. (2021) 'Should we be giving dietary advice to prevent **periodontal disease**? The effect of a low-carbohydrate diet in reducing periodontal inflammation', *BDJ Team*, 8(10), pp. 55–65. doi:[10.1038/s41407-021-0783-9](https://doi.org/10.1038/s41407-021-0783-9)
15. Hofer, S. et al (2021) 'The ups and downs of **caloric restriction and fasting**: from molecular effects to clinical application', *EMBO Molecular Medicine*, n/a(n/a), p. e14418. doi:[10.15252/emmm.202114418](https://doi.org/10.15252/emmm.202114418)
16. Dr Campbell Murdoch & Steve Bennett (Co-founders) - Health Results: Preventative healthcare organisation(2021). [About](#) - [Resources](#)

Trials/Studies

1. Woelber JP, Tennert C, Ernst SF, et al. Effects of a Non-Energy-Restricted Ketogenic Diet on Clinical **Oral Parameters**. An Exploratory Pilot Trial. *Nutrients*. 2021;13(12):4229. doi:[10.3390/nu13124229](https://doi.org/10.3390/nu13124229)
2. Luke K, Feron NA, Putri HLAS, et al. THE EFFECT OF RAMADAN FASTING TO BLOOD PRESSURE IN **HYPERTENSIVE PATIENTS**: A META-ANALYSIS. *Journal of Community Medicine and Public Health Research*. 2021;2(2):53-59. doi:[10.20473/jcmphr.v2i2.26821](https://doi.org/10.20473/jcmphr.v2i2.26821)
3. Zheng, J. *et al.* (2021) 'Safety of Every-Other-Day Fasting in the Treatment of **Spinal Cord Injury**: A Randomized Controlled Trial', *American Journal of Physical Medicine & Rehabilitation*, 100(12), pp. 1184–1189. doi:[10.1097/PHM.0000000000001727](https://doi.org/10.1097/PHM.0000000000001727)
4. Solis-Herrera C, Qin Y, Honka H, et al. Effect of elevated plasma ketones on **cardiac efficiency**. *American Heart Journal*. 2021;242:163. doi:[10.1016/j.ahj.2021.10.045](https://doi.org/10.1016/j.ahj.2021.10.045)
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5. Schönlaub A, Höller A, Hofer S, Haberlandt E, Karall D, Scholl-Bürgi S. **Glut1** Deficiency Syndrome and **Diabetes Mellitus Type 1**: Review of the Literature and Presentation of a New Case. In: *Neuropediatrics*. Vol 52. Georg Thieme Verlag KG; 2021:FV1.32. doi:[10.1055/s-0041-1739666](https://doi.org/10.1055/s-0041-1739666)
6. Ismael SA. Effects of low carbohydrate diet compared to low fat diet on reversing the **metabolic syndrome**, using NCEP ATP III criteria: a randomized clinical trial. *BMC Nutr*. 2021;7(1):62. doi:[10.1186/s40795-021-00466-8](https://doi.org/10.1186/s40795-021-00466-8)
7. Zhu DN, Li P, Wang J, et al. [Prospective study of ketogenic diet in treatment of children with **global developmental delay**]. *Chinese Journal of Contemporary Pediatrics*. 2017;19(10):1038. doi:[10.7499/j.issn.1008-8830.2017.10.002](https://doi.org/10.7499/j.issn.1008-8830.2017.10.002)
8. Natasha E Schoeler, M.O. (2021) 'K.Vita: a feasibility study of a blend of medium chain triglycerides to manage drug-resistant epilepsy', *Brain Communications*, 3(4). doi:[10.1093/braincomms/fcab160](https://doi.org/10.1093/braincomms/fcab160).
9. Samia, P. *et al.* (2021) 'Qualitative exploration of feasibility and acceptability of the modified ketogenic dietary therapy for children with **drug-resistant epilepsy** in Kenya', *Epilepsy & Behavior*, 125. doi:[10.1016/j.yebeh.2021.108362](https://doi.org/10.1016/j.yebeh.2021.108362). (under-resourced)
10. Field, R.J. *et al.* (2021) 'Experience of participants with **chronic pain** in a pilot randomized clinical trial using a ketogenic diet', *Pain Management*. doi:[10.2217/pmt-2021-0084](https://doi.org/10.2217/pmt-2021-0084) ABSTRACT

11. Almodallal, Y. *et al.* (2021) 'Can **older patients** adopt and maintain a ketogenic diet? An observational study in support of clinical trials in older patients', *Medicine*, 100(47). doi:[10.1097/MD.00000000000028033](https://doi.org/10.1097/MD.00000000000028033)
12. Kirkham, A.A. *et al.* (2021) 'Abstract 12484: Weekday 16:8 **Time-Restricted Eating** in **Breast Cancer Survivors**: Feasibility, Safety, and Effects on Cardiometabolic Health', *Circulation*, 144(Suppl_1), pp. A12484–A12484. doi:[10.1161/circ.144.suppl_1.12484](https://doi.org/10.1161/circ.144.suppl_1.12484)
13. Thomson, C.A. *et al.* (2010) 'Changes in Body Weight and Metabolic Indexes in Overweight **Breast Cancer Survivors** Enrolled in a Randomized Trial of Low-Fat vs. Reduced Carbohydrate Diets', *Nutrition and Cancer*, 62(8), pp. 1142–1152. doi:[10.1080/01635581.2010.513803](https://doi.org/10.1080/01635581.2010.513803) ABSTRACT
14. Flanagan, E. Kebbe, M *et al.* (11.2021) 'Assessment of Eating Behaviors and Perceptions of Time Restricted Eating During **Pregnancy**'. *The Journal of Nutrition*. doi: [10.1093/jn/nxab397](https://doi.org/10.1093/jn/nxab397)
15. North S, Crofts C, Thoma C, Zinn C. The role of maternal diet on offspring hyperinsulinaemia and adiposity after birth: a systematic review of randomised controlled trials. *Journal of Developmental Origins of Health and Disease*. Published online November 2, 2021:1-14. doi:[10.1017/S2040174421000623](https://doi.org/10.1017/S2040174421000623)
16. Alami F, Alizadeh M, Shateri K. The Effect of 6-months Fruit-rich Diet on Liver Steatosis, Liver Enzymes, Insulin Resistance, and Lipid Profile in Patients With Non-alcoholic Fatty Liver Disease: a Randomized Clinical Trial. Published online November 1, 2021. doi:[10.21203/rs.3.rs-996590/v1](https://doi.org/10.21203/rs.3.rs-996590/v1)

Survey Studies

1. Protogerou C, Leroy F, Hagger MS. Beliefs and Experiences of Individuals Following a **Zero-Carb Diet**. *Behavioral Sciences*. 2021;11(12):161. doi:[10.3390/bs11120161](https://doi.org/10.3390/bs11120161)
2. Lennerz BS, Mey JT, Henn OH, Ludwig DS. Behavioral Characteristics and Self-reported Health Status Among 2029 Adults Consuming a "**Carnivore Diet**." *Current Developments in Nutrition*. 2021;(nzab133). doi:[10.1093/cdn/nzab133](https://doi.org/10.1093/cdn/nzab133)