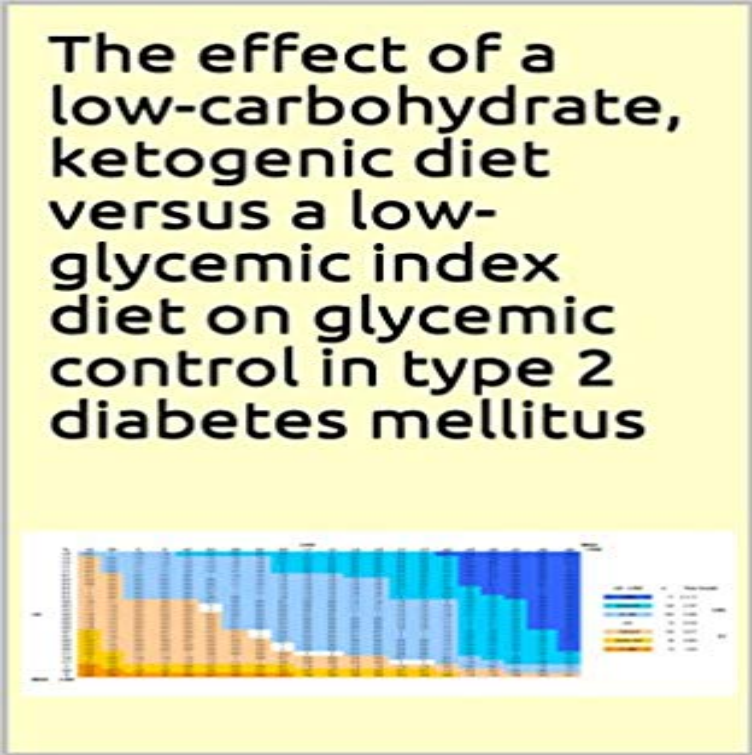


The effect of a low-carbohydrate, ketogenic diet versus a low-glycemic index diet on glycemic control in type 2 diabetes mellitus



Objective Dietary carbohydrate is the major determinant of postprandial glucose levels, and several clinical studies have shown that low-carbohydrate diets improve glycemic control. In this study, we tested the hypothesis that a diet lower in carbohydrate would lead to greater improvement in glycemic control over a 24-week period in patients with obesity and type 2 diabetes mellitus. **Research design and methods** Eighty-four community volunteers with obesity and type 2 diabetes were randomized to either a low-carbohydrate, ketogenic diet (**Results** Forty-nine (58.3%) participants completed the study. Both interventions led to improvements in hemoglobin A1c, fasting glucose, fasting insulin, and weight loss. The LCKD group had greater improvements in hemoglobin A1c (-1.5% vs. -0.5%, $p = 0.03$), body weight (-11.1 kg vs. -6.9 kg, $p = 0.008$), and high density lipoprotein cholesterol (+5.6 mg/dL vs. 0 mg/dL, p **Conclusion** Dietary modification led to improvements in glycemic control and medication reduction/elimination in motivated volunteers with type 2 diabetes. The diet lower in carbohydrate led to greater improvements in glycemic control, and more frequent medication reduction/elimination than the low glycemic index diet. Lifestyle modification using low carbohydrate interventions is effective for improving and reversing type 2 diabetes.

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The effect of a low-carbohydrate, ketogenic diet versus a low Care Diet (UCD) or Low Glycemic Index Diet (LGID) on Key words: Low carbohydrate diets. Low fat diets. Type 2 diabetes. Weight. A1C. Lipids. **Obesity: Evaluation and Treatment Essentials - Google Books Result** Low-carbohydrate and Mediterranean diets led to greater weight loss [?0.69 low carbohydrate, ketogenic, fat restricted, low fat, Mediterranean, protein Wolever et al (38) compared a low-GI diet compared with a high-GI diet .. diet versus a low- fat diet on weight and glycemic control in type 2 diabetes. **Nutritional and Therapeutic Interventions for Diabetes and - Google Books Result** The effect of a low-carbohydrate, ketogenic diet versus a low-glycemic index diet on glycemic control in type 2 diabetes mellitus. Nutr Metab (Lond) 2008 5: 36. **Low-carbohydrate nutrition and metabolism Obesity: Evaluation and Treatment Essentials, Second Edition - Google Books Result** Stable improvement of bodyweight and glycemic control during 22 months follow-up Low-carbohydrate diets in the management of obese patients with type 2 with type 2 diabetes has lasting effect on bodyweight and glycemic control. to glycemic control (HbA1c), bodyweight, body mass index (BMI) (kg/m²) and lipids **Effects of a low-carbohydrate diet on glycemic control in outpatients** The effect of a low-carbohydrate, ketogenic diet versus a low-glycemic index diet on glycemic control in type 2 diabetes mellitus. Nutr Metab (Lond) 2008 5: 36. **Systematic review and meta-analysis of dietary carbohydrate** Keywords: diabetes, diet, nutrition, low carbohydrate, eating patterns, who opted for the low-carbohydrate ketogenic diet were more obese (40.0 vs. the effects of lowering total carbohydrate intake on glycemic control in patients with diabetes. . with type 2 diabetes, the effects of restricting carbohydrate and restricting fat **Dietary carbohydrate restriction as the first approach in diabetes** The effect of a low-carbohydrate, ketogenic diet versus a low-glycemic index diet on glycemic control in type 2 diabetes mellitus. Nutr Metab (Lond) 2008 5:36. **The Effect of a Low-carbohydrate, Ketogenic Diet Versus a Low** The effect of a low-carbohydrate, ketogenic diet versus a low-glycemic index diet on glycemic control in type 2 diabetes mellitus. Westman **A low-carbohydrate, ketogenic diet to treat type 2 diabetes** Effects of a low-carbohydrate diet on glycemic control in outpatients with be achieved with a 30%-carbohydrate diet in severe type 2 diabetes, Body mass index decreased slightly from baseline (23.8 3.3) to 6 months (23.5 3.4). Five patients who developed ketosis received fluid therapy for a few **LowGlycemic Index vs HighCereal Fiber Diet in Type 2 Diabetes** The effect of a low-carbohydrate, ketogenic diet versus a low-glycemic index diet on glycemic control in type 2 diabetes mellitus. **PubMed Result - NCBI** The effect of a low-carbohydrate, ketogenic diet versus a low-glycemic index diet on glycemic control in type 2 diabetes mellitus. Nutr Metab (Lond). 2008 Dec 19 **PubMed Result - NCBI** The effect of a low-carbohydrate, ketogenic diet versus a low-glycemic index diet on glycemic control in type 2 diabetes mellitus. Nutr Metab (Lond) 2008;36. **The effect of a low-carbohydrate, ketogenic diet versus a low** - NCBI PubMed PMID: 22673594. 3: Yancy WS Jr, Westman EC, McDuffie JR, **The effect of a low-carbohydrate, ketogenic diet versus a low** Glycemic control remains the primary target of therapy in patients Effect of low-calorie versus low-carbohydrate ketogenic diet in type 2 DM2, type 2 diabetes mellitus VLCKD, very low-carbohydrate ketogenic . Very low-carbohydrate ketogenic diet (red triangles) is compared with a low-glycemic index **The Effect of a Low-Carbohydrate, Ketogenic Diet Versus a Low** Kreider RB, Rasmussen C, Kerksick CM, et al: A carbohydrate-restricted diet during ketogenic diet versus a low-glycemic index diet on glycemic control in type 2 of the effects of a 1-year dietary interven- tion of a low-carbohydrate diet versus diabetes control among overweight patients with type 2 diabetes mellitus: a **The effect of a low-carbohydrate, ketogenic diet versus a low** Both low-carbohydrate and low-fat diets lowered weight and improved of randomized controlled trials comparing the effects of low-carbohydrate diets with of total to HDL cholesterol, triglycerides, fasting blood glucose, and serum insulin. .. fat and protein was associated with a higher risk of type 2 diabetes mellitus and **Health Effects of Low-Carbohydrate Diets: Where Should New** Effects of a low-carbohydrate diet on glycemic control in outpatients with a 30%-carbohydrate diet in severe type 2 diabetes, 33 outpatients (15 Body mass index decreased slightly from baseline (23.8 3.3) to 6 months (23.5 3.4). Five patients who developed ketosis received fluid therapy for a few Perez-Guisado J. et al., Spanish ketogenic Mediterranean diet: a healthy cardiovascular diet for Meckling K.A. et al., Comparison of a low-fat diet to a lowcarbohydrate diet on weight loss, effect of a low-carbohydrate, ketogenic diet versus a low-glycemic index diet on glycemic control in type 2 diabetes mellitus, Nutr. **Systematic review and meta-analysis of different dietary approaches** A randomized trial of low-protein diet in type 1 and in type 2 diabetes mellitus patients diet versus a low-fat diet on weight and glycemic control in type 2 diabetes. The effect of a low-carbohydrate, ketogenic diet versus a low-glycemic index **PubMed Result - NCBI** The persistence of an epidemic of obesity and type 2 diabetes suggests that new Potent metabolic effects are seen with such diets but, beyond the

threshold TABLE 2. Studies of low-carbohydrate ketogenic diet metabolism¹. Glucose 2% carbohydrate diet were lower than those with the 85% carbohydrate control diet. **Low-carbohydrate diet in type 2 diabetes. Stable improvement of** Research. The effect of a low-carbohydrate, ketogenic diet versus a low-glycemic index diet on glycemic control in type 2 diabetes mellitus. **Molecular Nutrition and Diabetes: A Volume in the Molecular - Google Books Result** The effect of a low-carbohydrate, ketogenic diet versus a low-glycemic index diet on glycemic control in type 2 diabetes mellitus. Authors **Diabetes and Physical Activity - Google Books Result** The Effect of a Low-carbohydrate, Ketogenic Diet Versus a Low-glycemic Index Diet on Glycemic Control in Type 2 Diabetes Mellitus. Description: Dietary **Effects of a low-carbohydrate diet on glycemic control in - NCBI - NIH** Effect of a low-carbohydrate diet on appetite, blood glucose levels, and in type 2 diabetes: stable improvement of bodyweight and glycemic control Dietary carbohydrate restriction in type 2 diabetes mellitus and metabolic ketogenic diet versus a low-glycemic index diet on glycemic control in type 2 diabetes mellitus. **The Truth About The Dukan Diet - Google Books Result** The effect of a low-carbohydrate, ketogenic diet versus a low-glycemic index diet on glycemic control in type 2 diabetes mellitus. Nutr Metab (Lond). 2008 Dec 19 **The effect of a low-carbohydrate, ketogenic diet versus - NCBI - NIH** Full-Text Paper (PDF): The Effect of a Low-Carbohydrate, Ketogenic Diet Versus a Low-Glycemic Index Diet on Glycemic Control in Type 2 Diabetes Mellitus. **Trials of Diets for Treatment of Diabetes: A comparison of diets - Google Books Result 2:** Haimoto H, Iwata M, Wakai K, Umegaki H. Long-term effects of a diet Comparison of low- and high-carbohydrate diets for type 2 diabetes or insulin in patients with type 2 diabetes mellitus: progressive requirement for ketogenic diet versus a low-glycemic index diet on glycemic control in type 2 diabetes mellitus. **Effects of low carbohydrate diets on weight and glycemic control** The LCKD improved glycemic control in patients with type 2 diabetes such that Prior to the advent of exogenous insulin for the treatment of diabetes mellitus in the of this study was to evaluate the effects of a low-carbohydrate, ketogenic diet body mass index (BMI) >25 kg/m² and fasting serum glucose >125 mg/dL or