

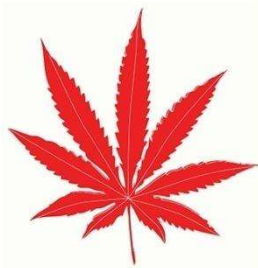


11th Pak Pharma Healthcare Expo

3rd Pakistan Food -Nutrition International Summit 2022

Wednesday - December 21-22, 2022

Pak-China Friendship Centre, Garden Avenue, Islamabad, Pakistan.



Conference Abstract

EFFECTS OF KETOGENIC DIET ON OBESE DIABETIC SUBJECTS

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Abstract

Since the ketogenic diet has gained popularity worldwide, it was necessary to check how it works on our metabolic system as it is different from the normal routine diet by offering high fat, and low carbohydrates where the body uses fat for metabolism. A ketogenic diet was given to diabetic (type 2 diabetes mellitus) and non-diabetic obese subjects (BMI>30). The body weight, body mass index, blood glucose levels, total cholesterol, HDL cholesterol, LDL cholesterol, triglycerides, urea, and creatinine were determined before and after the administration of the ketogenic diet. Results showed a significant decrease in body weight, body mass index, level of blood glucose, total cholesterol, LDL-cholesterol, triglycerides, and urea, whereas HDL levels increased significantly within 56 weeks. Surprisingly these changes were more significant in subjects with high blood glucose levels as compared to those with normal blood glucose levels. No statistical changes in creatinine levels were seen. This study shows the positive effects of the ketogenic diet on obese diabetic subjects and proved that its long-term use (for one year) is safe.

Keywords: Ketogenic, Diet, Obese,

Declaration

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