



# OBESITY

## A LOW CARBOHYDRATE APPROACH

### REFERENCE HANDOUT

'The dramatic increase in obesity worldwide remains challenging and underscores the urgent need to test the effectiveness and safety of several widely used weight-loss diets'  
 - [Weight Loss with a Low-Carbohydrate, Mediterranean, or Low-Fat Diet.](#)



### SYSTEMATIC REVIEWS AND META-ANALYSIS

Sackner-Bernstein J, Kanter D, Kaul S. Dietary Intervention for Overweight and Obese Adults: Comparison of Low-Carbohydrate and Low-Fat Diets. A Meta-Analysis. PLoS ONE. 2015;10(10):e0139817. [doi:10.1371/journal.pone.0139817](https://doi.org/10.1371/journal.pone.0139817)

Bueno NB, de Melo ISV, de Oliveira SL, da Rocha Ataide T. Very-low-carbohydrate ketogenic diet v. low-fat diet for long-term weight loss: a meta-analysis of randomised controlled trials. Br J Nutr. 2013;110(7):1178-1187. [doi:10.1017/S0007114513000548](https://doi.org/10.1017/S0007114513000548)

Choi YJ, Jeon S-M, Shin S. Impact of a Ketogenic Diet on Metabolic Parameters in Patients with Obesity or Overweight and with or without Type 2 Diabetes: A Meta-Analysis of Randomized Controlled Trials. Nutrients. 2020;12(7):2005. [doi:10.3390/nu12072005](https://doi.org/10.3390/nu12072005)



### TRIALS/STUDIES

Ebbeling CB, Feldman HA, Klein GL, et al. Effects of a low carbohydrate diet on energy expenditure during weight loss maintenance: randomized trial. BMJ. 2018;363:k4583. [doi:10.1136/bmj.k4583](https://doi.org/10.1136/bmj.k4583)

Michalczyk MM, Klonek G, Maszczyk A, Zajac A. The Effects of a Low Calorie Ketogenic Diet on Glycaemic Control Variables in Hyperinsulinemic Overweight/Obese Females. Nutrients. 2020;12(6):1854. [doi:10.3390/nu12061854](https://doi.org/10.3390/nu12061854)

Volek J, Sharman M, Gómez A, et al. Comparison of energy-restricted very low-carbohydrate and low-fat diets on weight loss and body composition in overweight men and women. Nutrition & Metabolism. 2004;1(1):13. [doi:10.1186/1743-7075-1-13](https://doi.org/10.1186/1743-7075-1-13)



## APPETITE CONTROL AND HUNGER SIGNALLING

Gibson AA, Seimon RV, Lee CMY, et al. Do ketogenic diets really suppress appetite? A systematic review and meta-analysis. *Obesity Reviews*. 2015;16(1):64-76.

[doi:10.1111/obr.12230](https://doi.org/10.1111/obr.12230)

Johnstone AM, Horgan GW, Murison SD, Bremner DM, Lobley GE. Effects of a high-protein ketogenic diet on hunger, appetite, and weight loss in obese men feeding ad libitum. *Am J Clin Nutr*. 2008;87(1):44-55. [doi:10.1093/ajcn/87.1.44](https://doi.org/10.1093/ajcn/87.1.44)

Paoli A, Bosco G, Camporesi EM, Mangar D. Ketosis, ketogenic diet and food intake control: a complex relationship. *Front Psychol*. 2015;6. [doi:10.3389/fpsyg.2015.00027](https://doi.org/10.3389/fpsyg.2015.00027)



## OTHER BENEFITS

Castro AI, Gomez-Arbelaez D, Crujeiras AB, et al. Effect of A Very Low-Calorie Ketogenic Diet on Food and Alcohol Cravings, Physical and Sexual Activity, Sleep Disturbances, and Quality of Life in Obese Patients. *Nutrients*. 2018;10(10).

[doi:10.3390/nu10101348](https://doi.org/10.3390/nu10101348)

Hasan B, Nayfeh T, Alzuabi M, et al. Weight Loss and Serum Lipids in Overweight and Obese Adults: A Systematic Review and Meta-Analysis. *J Clin Endocrinol Metab*.

2020;105(12). [doi:10.1210/clinem/dgaa673](https://doi.org/10.1210/clinem/dgaa673)



## GENERAL RESOURCES - IMPLEMENTATION ( & POSSIBLE MEDICATION REDUCTION )

Clinical Guidelines for Therapeutic Carbohydrate Restriction. [Society of Metabolic Health Practitioners. Hite et al](#)

Kelly T, Unwin D, Finucane F. Low-Carbohydrate Diets in the Management of Obesity and Type 2 Diabetes: A Review from Clinicians Using the Approach in Practice. *International Journal of Environmental Research and Public Health*. 2020;17(7):2557.

[doi:10.3390/ijerph17072557](https://doi.org/10.3390/ijerph17072557)

Want to find out more about improving metabolic health and tackling obesity using a Low Carbohydrate or Ketogenic Diet?

[Enrol in the Nutrition Network Obesity: Risk & Reversal Training today!](#)

## LECTURERS



**PROFESSOR TIM NOAKES**

Obesity & Diet: An Introduction



**DR FANK LIPMAN**

Interview: Obesity & Lifestyle: Functional Medicine Models



**DR HASSINA KAJEE**

The Metabolic Effects of Adipose Tissue as an Endocrine Organ



**DR ROBERT LUSTIG**

Panel: Lessons from the COVID-19 Pandemic. A Model to Rebuild Health Structures



**DR HOLDEN MACRAE**

Obesity & Exercise



**DR ROBERT CYWES**

NAFLD: Pathophysiology & Clinical Manifestations



**JAYNE BULLEN**

Reversing the Obesity Epidemic: The Eat Better Model



**DR NEVILLE WELLINGTON**

Obesity & Diabetes



**DR MARK CUCUZELLA**

Panel: Lessons from the COVID-19 Pandemic. A Model to Rebuild Health Structures



**SONIA MOUNTFORD**

Broken by Design



**TAMZYN MURPHY, RD**

Prevention & Management of Obesity in Childhood



**DR BRAIN LENZKES**

Interview: The Clinical Associations of Obesity

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