

Keto diets for diabetes

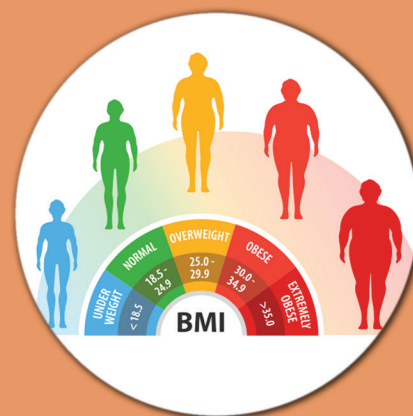
A VA study found several benefits from a ketogenic diet* and virtual coaching program for Veterans with diabetes. The study found reductions in:



HbA1c
(a measure of blood sugar)



Diabetes medication fills



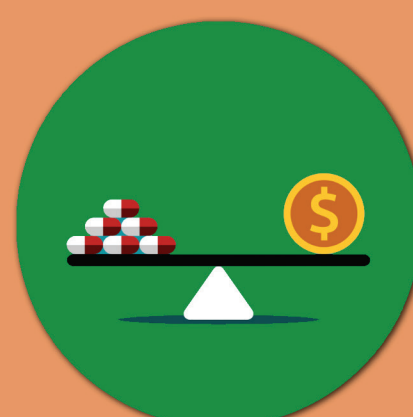
Body mass index



Diastolic blood pressure



Outpatient visits



Prescription drug costs

No change was seen in the following areas:

Emergency department visits • Inpatient admissions

Conclusions: "This real-world assessment of a virtual coaching and diet program shows that such an intervention offers short-term benefits on markers of diabetes care and healthcare utilization in patients with diabetes."

*A keto diet is a high-fat, adequate-protein, low-carb diet