COALITION FOR METABOLIC HEALTH

Evidence-Based Dietary Approaches for Chronic Diseases

WHAT ARE LOW-CARBOHYDRATE & KETOGENIC DIETS?

LOW-CARB
50–130g carbs/day

10-25% carbs | 20-25% protein | 50-55% fat

Reduces added sugars, refined grains, and starches while emphasizing non-starchy fruits and vegetables, protein, healthy fats, nuts, and seeds.

KETOGENIC
20–50g carbs/day

<10% carbs | 20-25% protein | 70-75% fat

A very low-carb approach that shifts the body into nutritional ketosis, where fat becomes the body's primary fuel instead of glucose.

Based on 2,000 calories/day diet.

Both Emphasize:

- Whole, nutrient-dense foods
- Adequate protein
- Non-starchy vegetables
- Healthy fats
- Fewer added sugars and refined grains
- Adaptability across cultures and dietary needs

HOW THEY WORK

Following a low-carb diet helps stabilize blood sugar and reduce the body's demand for insulin.

Carbs raise blood sugar, which insulin helps regulate. When you eat fewer carbs, your body can regulate blood sugar more easily without requiring as much insulin.

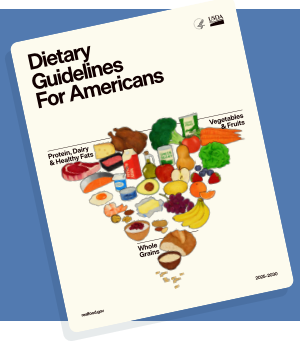
Lower insulin demand improves metabolic health by helping the body convert fat into energy.

When insulin stays high over time, cells can become less responsive to it. Since insulin helps move glucose into cells, insulin resistance makes it harder for the body to use glucose for energy and break down fat — increasing the risk of type 2 diabetes, heart disease, and more.

On ketogenic diets, the body produces ketones, another fuel source for the brain and body.

Ketones serve as an alternative fuel source, powering the brain and body when cells struggle to use glucose for energy, as can occur with insulin resistance.

REDUCE CARBS, ESPECIALLY ADDED SUGARS & REFINED GRAINS ⟶ IMPROVE METABOLIC HEALTH



RECOGNITION IN THE *DIETARY GUIDELINES FOR AMERICANS, 2025–2030*:

"Individuals with certain chronic diseases may experience improved health outcomes when following a lower carbohydrate diet."

COALITION FOR METABOLIC HEALTH

Research-Backed Benefits of Low-Carb & Ketogenic Nutrition for Chronic Conditions

Randomized controlled trials and longitudinal studies show benefits across several conditions:

OBESITY
Greater weight loss and fat mass reduction vs. low-fat diets.

PREDIABETES
Greater reductions in blood sugar and fasting glucose vs. usual diet.

EPILEPSY
100+ years of clinical use; reduced seizures in children.

POLYENDOCRINE METABOLIC OVARIAN SYNDROME
Doubled ovulation rates and improved insulin resistance vs. standard dietary interventions.

TYPE 2 DIABETES
Disease remission in 51% of patients in longitudinal studies; improved blood sugar control.

EMERGING

SERIOUS MENTAL ILLNESS
Pilot trials show improved psychiatric and metabolic outcomes in depression, bipolar disorder, and schizophrenia.

HIGHER RISK POPULATIONS:
Black and Hispanic Americans face higher rates of type 2 diabetes and obesity. Black adults lose more body fat on low-carb diets than low-fat diets.

EXPLORE THE RESEARCH:

U.S. ECONOMIC IMPACT OF CHRONIC DISEASE

$413B/YEAR
DIABETES

$422B/YEAR
HEART DISEASE

$1.3T/YEAR
OBESITY

REAL-WORLD SAVINGS

7,500
PATIENTS

$929-$1,700
ANNUAL SAVINGS / PATIENT

Carb reduction and keto telehealth programs generate savings from **lower medication use — including GLP-1s — and reduced healthcare costs.**

COMMON CONCERNS

HEART HEALTH
Low-carb diets improve HDL cholesterol, triglycerides, and blood pressure. LDL responses can vary, should be monitored, and may shift toward larger particles less associated with heart disease risk.

KIDNEY FUNCTION
Research shows low-carb diets are beneficial and comparable to Mediterranean diets for kidney health, including in adults with type 2 diabetes.

CLINICAL SUPERVISION
Low-carb, whole food diets are safe for most people, but they should be managed with physician oversight — especially for those taking medications.