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