

There is substantial scientific evidence that links diets with human health and environmental sustainability. A diet rich in plant-based foods and with fewer animal source foods confers both improved health and environmental benefits. A healthy diet should optimize health, defined broadly as being a state of complete physical, mental and social well-being and not merely the absence of disease. Scientific targets for healthy diets are based on the extensive literature on foods, dietary patterns and health outcomes. Healthy diets have an optimal caloric intake and consist largely of a diversity of plant-based foods, low amounts of animal source foods, contain unsaturated rather than saturated fats, and limited amounts of refined grains, highly processed foods and added sugars.

Can these targets also be met with a KD? Are there any limitations or advantages of a plant-based KD regarding protein consumption, fat intake or the amount of carbohydrate? Is plant-based KD a complete unknown or is this form of diet already being used successfully for other diseases?

A plant-based KD has advantages to the known side effects of the KD such as constipation and hypercholesterolaemia. It also has a positive influence on the intestinal microbiome and thus on seizures via the gut-brain axis. There is also better carbohydrate balancing under a plant-based KD, especially regarding a modified Atkins Diet. In addition, a better supply of DHA is possible under a plant-based diet. Also, a vegan diet is not significantly more expensive than an omnivore diet.