

# INKS NEWS



INTERNATIONAL  
NEUROLOGICAL  
KETOGENIC SOCIETY  
www.neuroketo.org

INTERNATIONAL NEUROLOGICAL KETOGENIC SOCIETY

MARCH 2026 NEWSLETTER ————— VOLUME 1 • ISSUE 9

Welcome to Issue 9 of the International Neurological Ketogenic Society (INKS) Newsletter!



## Eat Real Food

Protein, Dairy,  
& Healthy Fats

Vegetables  
& Fruits



WHAT THE NEW U.S. DIETARY GUIDELINES MEAN FOR KETOGENIC THERAPIES - SEE PAGE 3

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PARIS GLOBAL SYMPOSIUM RECORDINGS AVAILABLE TO INKS MEMBERS - SEE PAGE 2



INKS EDUCATIONAL VIDEO - NEW RELEASE SEE PAGE 4



PART 4 OF OUR COMMUNITY KETO KITCHEN SERIES - SEE PAGE 5

BASZUCKI  
GROUP

KETOGENIC THERAPY IN SERIOUS MENTAL ILLNESS: EXTENDING TRANSDIAGNOSTIC POTENTIAL TO MAJOR DEPRESSION SEE PAGE 6

AND MORE!



10<sup>th</sup> GLOBAL SYMPOSIUM 2027

Ketogenic Therapies



SAVE THE DATE | 20 - 23 OCTOBER 2027  
Cape Town South Africa

Further details and registration information will be shared soon

# WE'RE EXCITED TO SHARE AN IMPORTANT MEMBER BENEFIT UPDATE!

Access to all recorded presentations from the 9th Global Symposium on Ketogenic Therapies in Paris will soon be available in the member area of our website.

These resources are being newly built into the portal to make it easier than ever to revisit key insights, explore new perspectives, and share learning across our global community.

After the Go-Live date on April 1, members will be able to view symposium presentations on demand, all in one centralized and easy-to-navigate space.

We look forward to making this valuable content accessible to you very soon!



# MEMBERS! JOIN US AT INKS MEMBER CONNECT!

We have made updates to the Members' page on the website. When you sign in you will now see more choices.

One of the underutilized but exciting places is the "INKS Member Connect" area. We invite members to use this as a way to connect with colleagues. We would love to see dialogs and member interactions here. Are you starting a clinical trial or research project and you need participants? Put it up there!

**Want to connect with people to discuss anything "keto"?** Put it up there! Just browsing or want to see what people are talking about? Hop on and "add your thoughts"!

**Are you having a meeting that you want people to know about?** Put it up there. Individuals can post things here without getting a formal INKS endorsement since this is a members site for dialog.

**Jump on and join in!**



You can visit the page here:  
[neuroketo.org/member-homepage](https://neuroketo.org/member-homepage)

# WHAT THE NEW DIETARY GUIDELINES MEAN FOR KETOGENIC THERAPIES & METABOLIC HEALTH

BY ROBYN BLACKFORD, RD  
LURIE CHILDREN'S HOSPITAL OF CHICAGO



The updated 2025–2030 US Dietary Guidelines represent a notable shift in nutrition policy, with several updates that align more closely than ever with principles long-supported by the medical ketogenic and metabolic health communities.

[View Guidelines here](#) ➔

While the guidelines do not explicitly endorse ketogenic diets, they reflect meaningful progress toward a more metabolism-centered approach to nutrition and an emphasis on 'real' food.

## PROTEIN

One of the most significant changes gaining attention is the emphasis on protein. The new guidelines support protein intake of 1.2–1.6 g/kg/day and encourage consuming whole, protein-rich foods at every meal. This better supports lean body mass, satiety, and metabolic resilience, which are all foundational goals in ketogenic and therapeutic low-carbohydrate care.

## FAT

The updated guidelines move away from decades of strict low-fat messaging, encouraging whole, nutrient-dense foods that include healthy fats such as olive oil, nuts, seeds, avocados, and full-fat dairy without added sugar. While saturated fat limits remain conservative, this broader acceptance of dietary fat better reflects current evidence and supports ketogenic therapeutic frameworks.

## CARBOHYDRATES

The new guidelines take a firmer stance against added sugars, refined carbohydrates, and ultra-processed foods, stating that no amount of added sugar is necessary for health. This shift supports improved glycemic control and metabolic stability, which are key outcomes consistently observed with ketogenic therapies.

## A TURNING POINT FOR METABOLIC HEALTH

For the first time, the guidelines more clearly acknowledge metabolic dysfunction, including obesity, insulin resistance, and Type 2 diabetes, as central drivers of chronic disease. This creates space for clinicians to apply evidence-based carbohydrate reduction strategies, including ketogenic therapies, within individualized medical nutrition therapy.

### These guideline updates represent a meaningful alignment with metabolic health principles: :

- eat real food
- prioritize protein-rich sources
- reduce sugar intake
- thoughtfully include fats

For ketogenic clinicians and researchers, this update offers increased support for outcome-driven nutrition strategies and a stronger foundation for advocacy, education, and clinical care. I think we can all agree, this momentum matters. We await whether these changes will be reflected in other dietary guideline updates from around the world.



IMAGE CREDIT: WWW/REALFOODS.GOV

We welcome your stories, photos, and upcoming events for future issues of INKSNews – [submit here](#)

# INKS EDUCATIONAL VIDEOS NEW RELEASE

We are pleased to announce a new educational video featuring Raquel Samoes, presenting her article published recently in *Epilepsia*, that summarizes the key findings and clinical implications of her recent publication:

*"Motives and predictors of Modified Atkins Diet (MAD) discontinuation as treatment for adults with drug-resistant epilepsy (DRE)"*

In this video, Raquel highlights the main reasons for MAD discontinuation in adults with DRE and discusses practical considerations for clinicians aiming to improve adherence and long-term outcomes in ketogenic dietary therapies.

[View the video here \(Log in as member\)](#)



If you are interested in contributing a similar video, you may contact the INKS Education Committee. Your contribution may be featured on the INKS Educational Website as part of our ongoing efforts to share high-quality, evidence-based content with the international keto-genic therapy community.



Thank you to Raquel and team for her valuable contribution and for helping advance knowledge in this area!!

## The use of Ketogenic Therapies is expanding rapidly. Be part of the professional growth by becoming a member of INKS.

Discover the opportunities that an INKS membership can bring to you, your career, your profession, and ultimately, to patients. Access up-to-date information on research and clinical care of patients affected by brain and mental health conditions using ketogenic and other metabolic dietary therapies.

### INKS MEMBERSHIP BENEFITS CURRENTLY INCLUDE:

- A 10% discount\* on registration fees to the biannual INKS Global Symposia.
- Access to timely news and professional updates through regular INKS newsletters.
- Networking with international colleagues and experts.
- Opportunities to join and work with INKS committees.
- A 30% discount on books from Springer Publishing.
- Regular video summaries of cutting-edge research.

\*Discount rates subject to change at the discretion of each biennial Global Symposium organizing committee.

### There are more benefits soon to come, including:

- Opportunities to enhance professional growth through mentoring, fellowships, scholarships / bursaries, and personal development.



SCAN QR CODE FOR  
DIRECT LINK TO OUR  
MEMBERSHIP FORM

We welcome your stories, photos, and upcoming events for future issues of INKSNews – [submit here](#)

# A Keto Kitchen

by Christina Bergqvist MD



## PART 4: "DAY TO DAY" RUNNING OF THE KITCHEN

**Once your kitchen is built, you must decide who should have access, or it will quickly become the lunchroom for staff filling your fridge with their lunch bags rather than keto food.**

We use an electronic card reader linked to our ID and the KD team/Nursing administration/security regulate who can use the space and when. The kitchen is cleaned by environmental services. They wipe the surfaces and empty the trash; they must also have access. Ketogenic diet admission dates are set twice a year; an online calendar can be maintained to maximize the use of the space if you must share it.

The hospital agreed to maintain and replace the hard-wired appliances. If not, you will need to create a separate fund for purchasing replacement appliances, installation costs, or put to-gether a depreciation schedule in your budget. This is not something the average neurologist does on a regular basis. Ask for help from your business administrator.



When our kitchen opened, our dieticians taught our cooking classes. We used a limited number of recipes. It quickly became clear that although they are "foodies" and their knowledge about food is extraordinary, they are not chefs.

Chefs in the USA have anywhere from 6 months to 6 years of training for certificate to formal masters training in culinary arts. **Would it not be wonderful if we could create such a position for the ketogenic diet?** What if we called the position Medical-Chef Educator who would create KD recipes and teach the families keto cooking techniques! In my next segment, I will tell you how we created a medical chef educator position.



All small hand-held appliances like air fryers, Cuisinart's, wisps, microwaves, etc. must be approved by fire safety and engineering. Requests may be placed through capital equipment budget. Find out your hospital rules for these types of purchases and who will buy and maintain the appliances.

The groceries we use come from both the central kitchen and outside grocery stores. The hospital's central kitchen can supply some staples such as ground beef, hotdogs, eggs, butter cream, hair net, gloves, paper towels etc. However, many of the products used to make keto food delicious are not carried by the hospital and you will need separate funding to purchase staples like almond, soy flour, milk substitutes, non-sugar-based syrups and spices for flavoring. Our kitchen requires about a 1200-1500 \$ budget/year for recipe development and cooking for the 50-60 families who start the ketogenic diet at CHOP annually.



**NEXT:**  
Part 5: The Medical Chef Educator

# Ketogenic Therapy in Serious Mental Illness:

BASZUCKI GROUP

## Extending Transdiagnostic Potential to Major Depression

**A new study of college students with major depressive disorder adds to the growing evidence for ketogenic therapy as a treatment of serious mental illness, and provides hope for a vulnerable group of young adults.**

Recently published in [Translational Psychiatry](#), this pilot study, funded by Baszucki Group, is the first to evaluate ketogenic therapy as a treatment for major depressive disorder.

Led by Jeff Volek, PhD, RD, Professor in the Department of Human Sciences at The Ohio State University, the study found that college students who maintained a ketogenic diet experienced depressive symptom reductions of 69%-71% over the 10-12 week study period.

Not only did the college students' depression symptoms improve, but they also experienced a nearly 3-fold improvement in global wellbeing and improvement across several cognitive tasks, including episodic memory, processing speed, and executive function.

The study also reported a 32% increase in brain-derived neurotrophic factor (BDNF), which is reduced in major depressive disorder, suggesting a potential neurobiological mechanism. The study also reported a 52% decrease in leptin, furthering the potential link between mental and metabolic health.

These findings support the potential for ketogenic therapy as a feasible intervention for both psychiatric symptoms and metabolic health in depression, mirroring successful outcomes previously seen in bipolar disorder and schizophrenia.

A 2024 [landmark study](#) from Stanford University School of Medicine reported both psychiatric improvements and the complete resolution of metabolic syndrome in individuals with schizophrenia or bipolar disorder.

The following year, researchers at the University of Edinburgh published [Europe's first pilot study testing ketogenic therapy for bipolar disorder](#), including neuroimaging findings suggesting that the therapeutic impact of ketogenic therapy may be partly mediated by reduced neuronal excitability.

Taken together, these studies highlight ketogenic therapy as a potential tool across diverse neuropsychiatric conditions. As preliminary mechanistic data point to a metabolic foundation, there is a need for future research to interrogate how this intervention addresses neuroinflammation, glucose hypometabolism, and mitochondrial dysfunction.

This moment is an exciting one for the field of metabolic psychiatry, with [over a dozen clinical trials](#) in progress or completed, including the first randomized controlled trials in bipolar disorder and schizophrenia, which will continue to shed light on this emerging area. As evidence grows, we hope to see clinicians increasingly embracing metabolic psychiatry practices, bringing this work from the lab into the lives of patients.

To learn more about the study, explore [our resources](#) and listen to our [podcast episode](#) featuring lead author Jeff Volek.

### COLLEGE STUDENTS SAW IMPROVEMENTS IN DEPRESSION WITH KETOGENIC THERAPY AT THE OHIO STATE UNIVERSITY

#### STUDY DETAILS

College Students with Major Depressive Disorder (MDD)



#### INTERVENTION:



10-12 WEEKS of Well Formulated Ketogenic Diet

#### RESULTS TIMELINE:

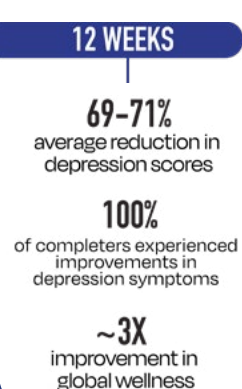
Onset of ketosis



#### CAN COLLEGE STUDENTS STICK TO KETO?



#### PRIMARY RESULTS



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★★★★★ (9)

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**With Beth Zupec-Kania RDN, CD & Denise Potter RDN, CSP, CDCES**



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**WEDNESDAY 22<sup>ND</sup> APRIL 2026**  
**13:30 – 15:55 GMT (UK)**

Visit: [www.ketocollege.co.uk](http://www.ketocollege.co.uk)

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