

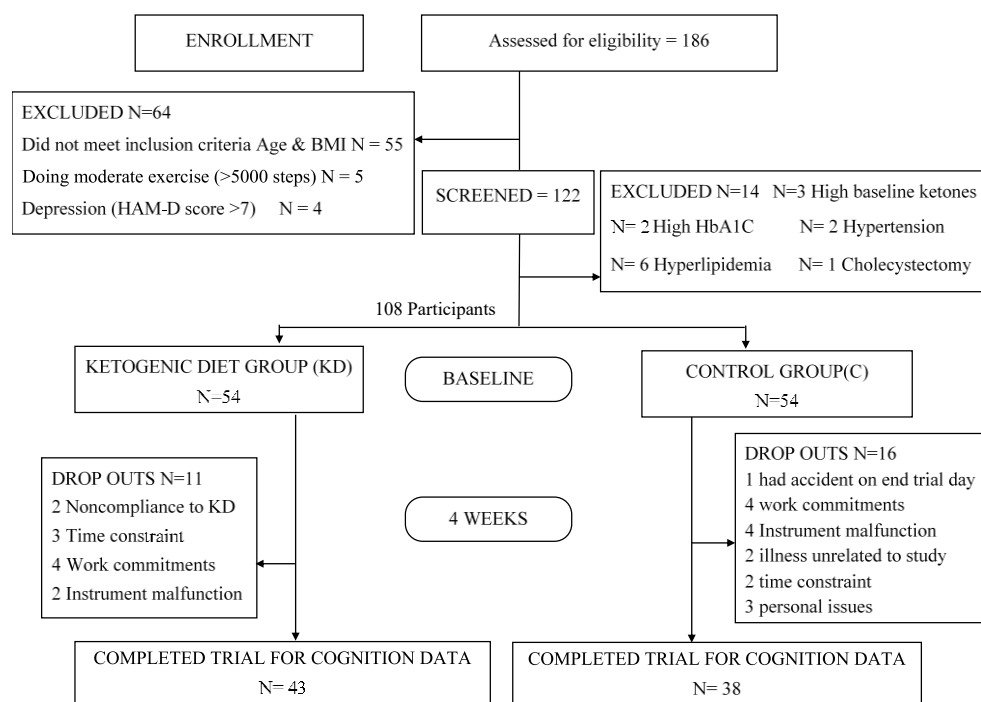
Supplementary material

Effect of a non-energy-restricted ketogenic diet on cognition in sedentary healthy young adults

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Supplementary File 1



Supplementary File 2

Table2. Example of one day ketogenic diets & one day regular diet

Ketogenic diet		Regular diet	
Breakfast		Breakfast	
2Egg fried in vegetable oil	218g	Tea with whole milk +2ts sugar	204g
Onion	20g	Paratha	140g
Mozzarella cheese	80g	Egg fried in vegetable oil	70g
Coffee instant with water	200g		
Butter	15g		
Full cream	25g		
Coconut oil	15g		
Morning Snack		Morning snack	
Peanuts unsalted	60g	French fries	80g
		Tea with whole milk+ 2ts sugar	200g
		Kit Kat	24g
Lunch		Lunch	
Aubergine	100g	Chapatti without oil	100g
Green beans	200g	Vegetable curry, Pakistani	200g
Olive oil	52g	Whole milk yogurt	120g
Cucumber	25g		
Tomato	10g	Afternoon snack	
Lettuce iceberg	11g	Bun+ chips	160g
Onion	20g	Tea with whole milk + 2ts sugar	200gs
Whole milk yogurt	40g		
Beef fillet steak	40g		
Dinner		Dinner	
Chicken steak in olive oil	352g	Chicken curry	200g
Mozzarella cheese	80g	Chapatti made without oil	100 g
Cabbage	150g		
Zucchini	150g		
French beans	100g		
Bell pepper	100g		
Coconut oil	15g		
Evening snack			
Sunflower seeds	15g		
Daily Nutrients		Daily Nutrients	

**Total kilocalories /day 3310 kcal/13735
KJ**

Carbohydrates 35.4 g 4%E

Proteins 161.5 g 20% E

Fats 281 g 75% E

Total kilo calories /day 2456 kcal/10329KJ

Carbohydrates 326 g 50%E

Proteins 85g 15%E

Fats 100g 35%E

Supplementary file 3

KETOGENIC DIET GROUP(KD)							CONTROL GROUP(C)						INTERGROUP COMPARISON					
INTRA GROUP COMPARISON (KD)							INTRA GROUP COMPARISON (C)											
Variables	DAY1 N=43	DAY 15 N=43	DAY29 N=43	P† value D1-15	P value D15- D29	P value D1- D29	DAY1 N=38	DAY15 N=38	DAY 29 N=38	P† value D1-15	P value D15-D29	P value D1-D29	P value D1	P value D15	P value D29	P ΔKD- ΔC D1-15	P ΔKD- ΔC D15- 29	P ΔKD-ΔC D1-D29
BLOOD PARAMETERS																		
Ketones♠ (mmol/L)	0.121 (0.13)	0.892 (0.76)	1.32 (1.12)	<00.001	0.001	<0.001	0.118 (0.098)	0.116 (0.094)	0.105 (0.08)	0.56	0.16	0.13	0.94	<0.001	<0.001	<0.001	<0.001	<0.001
FBG (mmol/L)♣	5.09 (0.46)	4.80 (0.54)	4.76 (0.49)	0.001	0.62	<0.001	4.96 (0.37)	4.77 (0.41)	5.06 (0.38)	0.004	0.001	0.50	0.07	0.80	0.003	0.23	0.005	<0.001
BODY COMPOSITION PARAMETRS																		
Weight (kg) ♣	74.95 (11.0)	72.34 (10.63)	70.89 (10.20)	<0.001	<00.001	<0.001	67.92 (10.5)	67.88 (10.97)	67.71 (10.86)	0.83	0.24	0.31	0.005	0.07	0.18	0.01	<0.001	<0.001
BMI (kg/m²)♣	26.41 (2.48)	25.51 (2.41)	24.97 (2.37)	<0.001	<0.001	<0.001	23.86 (3.12)	23.83 (3.14)	23.83 (3.17)	0.73	1.0	0.68	<0.001	0.009	0.07	<0.001	<0.001	<0.001

Data are mean(SD).

♣ Group comparison: Independent samples t test; Time comparison; Paired sample t test;

♠ Group comparison: Mann Whitney U test; Time comparison; Wilcoxon signed rank test