POSTER ABSTRACT

Effects of Ketogenic Diet on Depression

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This study investigates the effects of ketogenic diet (KD) on depression and its relationship with body weight, blood glucose and â-hydroxybutyrate (â-OHB) levels. Wistar rats were divided into four groups and fed one of the four diets (1) normal rodent chow (2) 8% protein ketogenic diet (KD 8%) (3) 14% protein ketogenic diet (KD14%) (4) 18% protein ketogenic diet (KD18%). The diets were fed ad libitum and animals were weighed every three days. Rats were evaluated for depression by the Porsolt test and reactivity by the Handling test after every 14 days for a total of 3 months. Blood glucose and â-OHB levels were determined by the tail-cut method. The results suggest that the KD may have antidepressant properties, and elevated (â-OHB) levels may be involved in the antidepressant effects of KD.