

# Body reshaping in a young woman on a very low-calorie ketogenic diet with protein replacement: A case report



**Elvira Rostanzo**

University of Siena, Italy

## Biography

Elvira Rostanzo is a biologist nutritionist. After her bachelor's degree in science of nutrition has obtained a master's degree in human nutrition at the University of Rome Tor Vergata. Now she works as a nutritionist in Rome, and she is attending the specialization school of food sciences at the University of Siena, at the department of medical sciences, where she is involved in research about nutrition and health.

## Abstract

**Objective:** Weight regain is the most common consequence of dieting; therefore, weight loss should be strictly associated with fat mass (FM) loss and with the preservation of fat free mass (FFM). The aim of the case report was to evaluate the effectiveness of a very low-calorie ketogenic diet (VLCKD) with protein replacement to preserve lean body mass.

**Materials and methods:** Our patient was a 44-year old woman seeking body reshaping after pregnancy. We analyzed her blood tests, collected her anthropometric data and performed bioelectrical impedance. She followed a VLCKD with protein replacement for four weeks.

**Results:** After four weeks of treatment, the patient lost more than 5% of body weight, exclusively as FM and extracellular water. All body circumference and Body Mass Index values were improved.

**Conclusion:** The case report demonstrates the efficacy of the VLCKD in terms of FM loss and body reshaping. Protein replacement is useful for ensuring correct protein intake while preserving lean body mass.

## Publications

Rostanzo E, Marchetti M (2020) Body reshaping in a young woman with a very low calorie ketogenic diet: a case report. *Aesthetic Medicine* 6(2):41-44.