

Which Diet is Better for Cancer Patients?

PLANT-BASED VS. KETO

POTENTIAL FAVORABLE BENEFIT	PLANT-BASED	KETO
↑ FIBER	YES	NO
↑ PHYTOCHEMICALS	YES	NO
↓ GLUCOSE	YES	YES
↓ INSULIN	YES	YES
↑ INSULIN SENSITIVITY	YES	CONFLICTING EVIDENCE
↓ IGF-1	YES	NO
↓ WEIGHT	YES	YES
↓ INFLAMMATION	YES	CONFLICTING EVIDENCE
↑ BUTYRATE	YES	NO
↑ BETA-HYDROXYBUTYRATE (conflicting evidence if this is a favorable benefit, depending on tumor)	NO	YES