

Supplementary Table 1: Identified possible search terms

[diet]	[target]
Ketone	Neuro* (Neuroinflammation, Neuron, Neurotoxicity, neurodegeneration)
Ketosis	Astrocyte
Ketogenic	Glia
ketogenic diet	Cortex
High-fat diet	Brain
Low-carbohydrate diet	Mitochondria*
Carbohydrate-restricted diet	oxidative stress
Medium-chain triglyceride	anticonvulsant
Beta-hydroxybutyrate” [or 3-Hydroxybutyric Acid/],	Antiepileptic
Acetoacetate	Inflammation
metabolic therapy	Anti-inflammatory

Ovid search strategy

1. ketogenic diet.mp. [mp=ab, hw, ti, ot, sh, kw, tn, dm, mf, dv, fx, dq, nm, kf, ox, px, rx, ui, sy]
2. high-fat diet.mp. [mp=ab, hw, ti, ot, sh, kw, tn, dm, mf, dv, fx, dq, nm, kf, ox, px, rx, ui, sy]
3. low-carbohydrate diet.mp. [mp=ab, hw, ti, ot, sh, kw, tn, dm, mf, dv, fx, dq, nm, kf, ox, px, rx, ui, sy]
4. carbohydrate-restricted diet.mp. [mp=ab, hw, ti, ot, sh, kw, tn, dm, mf, dv, fx, dq, nm, kf, ox, px, rx, ui, sy]
5. medium-chain triglyceride.mp. [mp=ab, hw, ti, ot, sh, kw, tn, dm, mf, dv, fx, dq, nm, kf, ox, px, rx, ui, sy]
6. rat.mp. [mp=ab, hw, ti, ot, sh, kw, tn, dm, mf, dv, fx, dq, nm, kf, ox, px, rx, ui, sy]
7. mouse.mp. [mp=ab, hw, ti, ot, sh, kw, tn, dm, mf, dv, fx, dq, nm, kf, ox, px, rx, ui, sy]
8. mice.mp. [mp=ab, hw, ti, ot, sh, kw, tn, dm, mf, dv, fx, dq, nm, kf, ox, px, rx, ui, sy]
9. animal.mp. [mp=ab, hw, ti, ot, sh, kw, tn, dm, mf, dv, fx, dq, nm, kf, ox, px, rx, ui, sy]
10. astrocyte.mp. [mp=ab, hw, ti, ot, sh, kw, tn, dm, mf, dv, fx, dq, nm, kf, ox, px, rx, ui, sy]
11. 3-Hydroxybutyric Acid.mp. [mp=ab, hw, ti, ot, sh, kw, tn, dm, mf, dv, fx, dq, nm, kf, ox, px, rx, ui, sy]
12. Beta-hydroxybutyrate.mp. [mp=ab, hw, ti, ot, sh, kw, tn, dm, mf, dv, fx, dq, nm, kf, ox, px, rx, ui, sy]
13. acetoacetate.mp. [mp=ab, hw, ti, ot, sh, kw, tn, dm, mf, dv, fx, dq, nm, kf, ox, px, rx, ui, sy]
14. ketone.mp. [mp=ab, hw, ti, ot, sh, kw, tn, dm, mf, dv, fx, dq, nm, kf, ox, px, rx, ui, sy]
15. ketosis.mp. [mp=ab, hw, ti, ot, sh, kw, tn, dm, mf, dv, fx, dq, nm, kf, ox, px, rx, ui, sy]
16. neuroinflammation.mp. [mp=ab, hw, kw, ti, ot, sh, tn, dm, mf, dv, fx, dq, nm, kf, ox, px, rx, an, ui, sy]
17. neurone.mp. [mp=ab, hw, kw, ti, ot, sh, tn, dm, mf, dv, fx, dq, nm, kf, ox, px, rx, an, ui, sy]
18. neurotoxicity.mp. [mp=ab, hw, kw, ti, ot, sh, tn, dm, mf, dv, fx, dq, nm, kf, ox, px, rx, an, ui, sy]
19. neurotransmission.mp. [mp=ab, hw, kw, ti, ot, sh, tn, dm, mf, dv, fx, dq, nm, kf, ox, px, rx, an, ui, sy]
20. *glia/
21. 1 or 2 or 3 or 4 or 5
22. 6 or 7 or 8 or 9
23. 10 or 11 or 12 or 13 or 14 or 15 or 16 or 17 or 18 or 19 or 20
24. 21 and 22 and 23

Supplementary Table 2: Individual study characteristics and outcomes
(Reference list in the main manuscript)

Disease (n) [diet length]	Mechanistic theme/s presented	Positive outcome reported; (<i>Neutral or negative outcome reported in italics</i>)
Age-related degeneration (5) [4 weeks to 6 months]	Cellular energetics /metabolism	Decrease glucose transporters and increased MCT (ketone) transporters ^{42,43} . Improved cerebral metabolic rate of glucose metabolism in aged brain via restored glutamate levels ⁴⁶ .
	Synaptic transmission	Reversal of age-related decline in hippocampal vesicular transporters for GABA and glutamate ⁴² and post synaptic excitation and plasticity ⁴⁴ .
	Neurotransmitters	Upregulated GABA(A) receptor subunits $\alpha 1$ in the hippocampus ⁴⁵ .
	Mitochondria	Increased mitochondrial mass in hippocampus and upregulated mitochondrial antioxidant defences (<i>but impaired mitochondrial dynamics and function</i>) ⁴⁵ .
	Structural integrity	(<i>Accelerated atrophy, neurodegeneration, and reactive astrogliosis in the hippocampus</i>) ⁴⁵ .
	Epigenetic regulation	Upregulation of several genes involved in presynaptic glutamate regulation and postsynaptic excitation and plasticity in the hippocampus and dentate gyrus ⁴⁴ .
Alzheimer's (4) [2 weeks to 4 months]	Cellular energetics	Increased cerebral metabolism of glucose and ketones ⁴⁹ .
	Structural integrity	(<i>No effect on beta-amyloid or precursors</i>) ⁴⁷ , Reduced beta-amyloid ⁵⁰ .
	Signalling pathways	Reduced mTOR and increased eNOS ⁴⁸ .
	Vascular supply	Significant increases in cerebral blood flow ⁴⁸ .
Autism (7) [10 days to 8 months]	Mitochondria	Improved bioenergetic profile and improved oxygen consumption, ⁵¹ improved function and morphology with reduced phosphorylation of key protein regulators ⁵² .
	Cortical / neuronal excitability	Reduced seizure events via presynaptic mechanisms ⁵³ and balance of excitation and inhibition restored towards more normal levels of inhibition ⁵⁷ .
	Signalling pathways	cAMP/GPR: effector substrates for glutamate, serotonin, nNOS, and dopamine ⁵⁴ , (<i>O-GlcNAc: integrates energy supply with changes seen in the liver but not in the brain</i>) ⁵⁶ .
	Structural integrity	Improved myelin formation and white matter development ⁵⁴ .
	Epigenetic regulation	Differences in mitochondrial gene expression ⁵⁵ .
Cerebral ischemia (4) [21 days to 25 days]	neuroprotection	Reduced likelihood of seizure and severity of myoclonic jerks with cerebral hypoxia ⁵⁸ and elimination of post ischemia hippocampal neurodegeneration ⁵⁹ .
	Epigenetic regulation	Upregulated HIF-1 α /HIF-2 α and HIF regulated genes ⁶¹ .
	Signalling pathways	K _{ATP} channels not demonstrated to be involved in neuroprotection ⁶⁰ and A1R activation which increases phosphorylation of Akt and ERK1/2 providing neuroprotection ⁶¹ .
	Vascular supply	Reduced infarct volume, increased regional cerebral blood flow and adenosine levels ⁶¹ .
CNS general (24) [1 week to 3 months]	Cellular energetics / metabolism	NAD ⁺ elevation via efficient ketone metabolism for substrate for other neuroprotective processes ⁶³ . Increased MCT1 and GLUT1 in brain endothelial cells ⁶⁸ , increase blood-brain barrier MCT1 expression with increased AcAc and glucose uptake in brain ⁷² . Decreased neuronal glycolysis with increased astrocytic metabolism ⁷⁰ and improved metabolic efficiency in the brain ⁷⁴ . Increase intracellular BOHB in hippocampus ⁷⁵ , correlating with serum BOHB levels ⁸³ . Increase in brain PGC1 β mRNA suggesting enhanced brain aerobic infrastructure/respiratory efficiency ⁷⁶ . Oxidative metabolism derived from AcAc, with glucose contribution to Acetyl-CoA decreased by 30% ⁸⁵ .
	Cortical excitability	Elevated blood ketone level and seizure threshold ⁶⁷ .
	Neurotransmitters	Hippocampal expression of AMPA-type GluR1 was significantly increased ⁶⁴ . Increased valine, leucine and isoleucine, (<i>no change in GABA and decreased amount of glutamate</i>) ⁷⁰ . Increased GABA/glutamate ratio ⁷⁴ . GABA concentration constant but derived from ketone bodies ⁸⁵ .
	Signalling pathways	NAD ⁺ driven increase in sirtuins with broad neuroprotective effects ⁶³ . Kynurenine (tryptophan metabolite) downregulated in hippocampus and plasma ⁶⁶ . Kynurenic acid upregulated in hippocampus and striatum but not cortex ⁸⁴ . Lipid metabolism gene expression in the hippocampus altered potentially via dietary lipid signalling ⁶⁹ . Nrf2 detoxification pathway activated via mild oxidative stress to induce glutathione synthesis ⁷¹ . (<i>BDNF reduced in the striatum</i>) but not in the hippocampus ⁸² . BDNF mRNA increased in the brain and showed a 12-hour phase shift in its circadian timing ⁶⁵ .
	Synaptic transmission	(<i>Unaltered basal synaptic transmission and long-term potentiation in the hippocampus</i>) ⁶⁷ .
	Epigenetic regulation	MCT1 upregulation on blood-brain barrier ⁷² . Altered hippocampal mRNA expression of genes related to lipid and energy metabolism ⁶⁹ Increase in brain PGC1 β mRNA (bioenergetic function) and decreased TNF- α mRNA (inflammation) ⁷⁶
	Redox balance	Reduced hippocampal oxidative stress markers that correlated with reduced PARP-1 requirement ⁶³ . Acute production of H ₂ O ₂ and 4-HNE activating Nrf2 and improving mitochondrial redox state ⁷¹ and lowered Oligomycin-induced ROS production ⁷⁸ . (<i>Decreased antioxidant capacity in the cerebellum, no change in the cortex</i>), 400% increase of GPx in the hippocampus ⁸⁶ .
	Structural integrity	No evidence of negative morphologic or histochemical alterations in the brain ⁷³ Variable neuroanatomical differences with prenatal exposure to ketogenic diet with altered neurobehavior in adulthood ⁷⁹ .

	Mitochondrial	<i>(Decreased mitochondrial DNA levels)</i> without a reduction in mass ⁷⁶ and increased maximum mitochondrial respiration rates in the hippocampus ⁷⁸ .
	Neuroplasticity	No evidence of negative impact on neurogenesis in the dentate gyrus ⁷⁷ . <i>(EPSPs paired-pulse potentiation unchanged suggesting no change in short-term plasticity ⁸⁰).</i>
	Vascular supply	Reduced capillary density linked to reduced tumour growth and prevention of epilepsy when combined with caloric restriction ⁸¹ .
Diabetes (2) [1 to 3 weeks]	Cellular energetics	<i>(Blunted glucagon release to hypoglycaemia and neuroglycopenia ⁸⁷).</i>
	Neuroprotection	Reduced neuronal death ⁸⁸ .
Epilepsy / seizures (91) [1 week to 9 weeks]	Neuronal / cortical excitability	Increase threshold for seizure induction ^{89-92,94,107,115,118,142,150,154,156,167,172} and abolished correlation with firing rate ¹⁷¹ . Increased after discharge threshold ^{118,124} , and after-discharge duration ^{124,127} . <i>(No increase in after-discharge threshold ¹³¹).</i> Reduced incidence of convulsions ^{93,110,113,116,124,125,141,158,161-163,179} including after KD cessation ¹³⁵ . Decreased intensity and duration of seizure ^{104,110,113,141,173,177} , <i>(no reduction in severity once the seizure has commenced ¹⁵⁴).</i> Increased latency to seizure ^{107,110,113,114,144,155,164,167,170,172} , <i>(no increase in latency ¹⁵⁰).</i> Reduction of the cortical spreading depression velocity of propagation for short-term KD ¹⁵² . Reduced pathologic neuronal activity ^{108,160} and dampened hyperactive mossy fiber synapses ¹⁶⁰ . Delayed progression of seizure stage ^{124,127,159} and increased lifespan ^{155,159} . <i>(Increased severity of seizure evoked by maximal electric shock ^{91,166,175} and kainite ⁹³).</i> <i>(No correlation between BOHB and seizure threshold ⁹² or latency to seizure ¹¹⁴).</i> Increased number of seizures required to reach status epilepticus (single seizure >5 mins) ¹⁰⁹ . Suppression of drug-resistant manifestations ¹¹¹ . Reduced glucose levels required to maintain reduced excitability ¹²⁵ . Attenuation of cortical sensitivity induced by a variety of neurotoxins ¹²⁹ . Restoration of normal circadian rhythms ¹⁵⁸ . Alterations in the type of dietary fat affect seizure resistance ¹³¹ . <i>No change in baseline excitability ¹⁷⁸ or seizures ¹⁴⁰.</i>
	Cellular energetics / metabolism	Caloric restricted KD increased seizure resistance ⁹¹ . Decreased glycogen levels and elevated glutamate levels as an energy source ⁹⁵ . Increased energy reserves ⁹⁷ and ATP levels ¹⁴² promoting neuronal stability. Increased transport capacity for ketones and lactate in cortical astrocytes ¹⁰⁸ . Improved glucose sensitivity ¹²⁵ , supplementation of glucose reduced the anticonvulsant action ¹³⁶ .
	Epigenetic regulation	Upregulation of differentially regulated transcripts encoding energy metabolism enzymes ⁹⁵ Upregulation of transcripts encoding mitochondrial proteins ^{95,145} and energy metabolism enzymes ⁹⁷ Upregulation of intracellular signal transduction pathways ¹⁴⁵ . Increased IGF system gene expression that regulates brain glucose utilisation ⁹⁹ . Increased expression of GAD the rate limiting enzyme in GABA production ¹⁰⁰ . Increased expression mHS mRNA, the key enzyme converting acetyl coenzyme A to ketones ¹⁰⁵ . Decreased hippocampal mRNA levels for IL-1 β modulating inflammation ¹⁰⁶ . Increased MCT1 expression ¹⁰⁸ . Downregulation of cathepsin E related to neuronal apoptosis induced by KA ¹²² . Ameliorated seizure-induced DNA methylation ¹²⁷ . Abnormal expressions of Scn1a and Scn3a reduced by weakening GAPDH's binding to the element ¹³² . Decreased DNA hypermethylation ¹³⁵ . Increased expression of Ca ²⁺ binding proteins in the interneurons of the hippocampus and astrocytes ¹⁴⁶ . Decreased PENK gene expression in the hippocampus ¹⁴⁹ . Transient upregulation of GFAP (S100B) expressed by astrocytes which plays a neurotrophic role on neighbouring cells ¹⁵⁷ , <i>(no SB100 change ¹⁷⁷).</i> Increased KCC2 protein expression pre-seizure and inhibited the upregulation of NKCC1 expression post seizure ¹⁷² , increased basal protein phosphorylation ¹⁷⁶ . Increased expression GluR6 mRNA ¹⁷⁴ . <i>(No effect on brain expression of anticonvulsant peptides neuropeptide Y or galanin that are regulated by energy states ¹⁶⁵).</i>
	Mitochondria	Increased of mitochondria in neuronal processes ⁹⁷ . Improved markers of mitochondrial biogenesis, dynamics and function ¹¹⁷ Decreased percentage of damaged mitochondria post seizure with increased expression of autophagy proteins and decreased apoptosis ¹⁷³ . The mitochondrial level of UCP2 increased in the perikarya and axon terminals of hippocampus ¹¹⁷ . Improved mitochondrial redox status ¹²⁰ . Decreased cytochrome c release from mitochondria, attenuated activation of casepase-9 and caspase-3 following seizures ¹³⁴ .
	Neurotransmitters	<i>(Glutamate transporters were not changed in hippocampus, cerebral cortex, or cerebellum ⁹⁶).</i> Increased GABA levels but not glutamate ⁹⁸ . Increased dopamine activity in the motor and somatosensory cortex ¹⁰¹ . Altered gut biome resulting in systemic GABA and elevated hippocampal GABA/glutamate levels ¹⁵³ .
	Neuroinflammation	Suppression of COX-2 pathway and terminal enzyme mPGES-1. ¹²³ Reduced cytokine TNF- α levels in the hippocampus ¹²³
	Neuroplasticity	Reduced supragranular mossy fiber sprouting ^{141,143} .
	Signalling pathways	<i>(NRSF (targets genes such as BDNF) not shown to be essential in anti-epileptic effect ¹¹⁹).</i> <i>(No change in cation chloride cotransporters (NKCC1 and KCC2) that regulate the polarity of GABAergic transmission in the hippocampus ¹¹²).</i>

		<p>Increased AMPK phosphorylation with reduced hippocampal cell apoptosis ¹²¹.</p> <p>Reduced hippocampal TNF-α levels and nuclear factor (NF)-κB translocation into the nucleus ¹²³.</p> <p>PPARγ upregulation / activation (via fatty acids ¹⁶¹) suppressing neuroinflammation via COX-2 pathways ¹²³ and increased hippocampal catalase expression ¹²⁶.</p> <p>Increased adenosine ¹³⁵ and purinergic pathways (such as AIR or K_{ATP} channels) enhancing glucose-based regulation of excitability ¹²⁵ and seizure reduction ¹³⁸.</p> <p>Norepinephrine signalling partially involved in anti-seizure effects ^{137,164}.</p> <p>(Seizure protection does not improve with higher levels of ketosis ¹³¹).</p> <p>mTOR activation reduced in the hippocampus ¹³⁹.</p> <p>Restored lipid membrane peroxidation and autophagy-associated pathway ¹⁴³.</p> <p>Increased nNOS with increased NO in hippocampus ¹⁴⁸.</p> <p>Suppresses KA-induced activation of JNK signalling pathways ¹⁴⁹.</p> <p>down-regulated expression of zinc and lipid transporters in hippocampus ¹⁶⁸ and cortex ¹⁶⁹.</p>
	Structural integrity	<p>Prevention of neuronal loss in ipsilateral hippocampus ¹²⁴.</p> <p>(Altered hippocampal development with decreased neuronal density in young rat ¹²⁴).</p> <p>Increased proliferation rate of neuronal progenitor cells after KA-induced seizures ¹³⁰.</p> <p>Prevention of hippocampal neuronal loss or change in density ¹³³.</p> <p>Reduction of nuclear clusterin accumulation ¹⁴⁷ and preservation of pyramidal neurons ¹⁴⁴ from caspase-3 mediated apoptosis.</p> <p>Decreased neuronal death in the ipsilateral hippocampus ¹³⁴.</p>
	Synaptic transmission	<p>Synaptic transmission in hippocampal slices resistant to low glucose ⁹⁵ and metabolic stress ⁹⁷.</p> <p>Reduced long-term potentiation consistent with decreased excitability ¹²⁸ with concomitant maintenance of baseline excitability levels ¹⁷⁸.</p>
	Redox balance	<p>No detected neurotoxic effects ⁹².</p> <p>Increase in hippocampal mitochondrial glutathione ¹²⁰.</p>
	Biochemical	<p>(Increased calcium, decreased phosphorus, potassium & zinc areas of hippocampus ^{102,103}).</p>
Metabolic syndrome (2) [1 week to 8 Months]	Redox balance	<p>(No effect on brain antioxidant gene expression in short- or long-term diet ¹⁸⁰).</p> <p>Improved brain oxidative stress responses ¹⁸¹.</p>
	Mitochondria	<p>(No effect on brain mitochondrial function in short- or long-term diet ¹⁸⁰).</p>
	Epigenetic regulation	<p>Downregulation of brain amyloid protein precursor, APOE and caspase-3 mRNA expression ¹⁸¹.</p>
MCI (1)	Epigenetic regulation	<p>Upregulated MCT1 mRNA after 10-90 days KD ¹⁸².</p>
Multiple Sclerosis / demyelination (2) [1-12 weeks]	Structural integrity	<p>Reversal of hippocampal atrophy and periventricular lesions ¹⁸³.</p> <p>Restored oligodendrocyte integrity and increased CNS myelination, ameliorated axonal degeneration and facilitated repair ¹⁸⁴.</p>
	Mitochondria	<p>Ameliorates mitochondrial abnormalities in axons ¹⁸⁴.</p>
	Neuroinflammation	<p>Suppression of inflammatory cytokines/chemokines and ROS ¹⁸³.</p>
	Neuroplasticity	<p>Hippocampal synaptic plasticity (long-term potentiation) ¹⁸³.</p>
Nerve Toxin (1)	Neuroprotection	<p>Attenuated toxicity from a neurotoxin after 4 weeks of KD ¹⁸⁵.</p>
Optic Nerve (4) [21 days to 8 weeks]	neuroinflammation	<p>Reduced inflammation of optic nerve through inhibition of AMPK activation and stimulation of HCAR1 signalling which mediates inhibition of the NLRP3 inflammasome ¹⁸⁸.</p>
	Cellular energetics	<p>Reversal of axonal metabolic decline by MCT transporter upregulation ¹⁸⁷.</p> <p>Reduction in chronic glaucoma driven by low energy facilitated inflammation ¹⁸⁸.</p>
	Mitochondria	<p>Increased mitochondria number and surface area in optic nerve axon ¹⁸⁷.</p>
	Signalling pathways	<p>BDNF increased in the ganglion cell layer of the retina and optic nerve ¹⁸⁷.</p>
	Redox balance	<p>Prevents increase in IL-1α and superoxide ¹⁸⁶.</p>
	Structural integrity	<p>Preserves axons and visual evoked potentials ¹⁸⁶ and reduced retinal ganglion cell loss ¹⁸⁹.</p>
Pain (2) [3-11 weeks]	Nociception	<p>Decreased thermal pain sensitivity ^{16,62}, that was not dependent on lowered glucose levels ⁶²</p>
Parkinson's Disease (2) [1-2 weeks]	Neuroprotection	<p>Protected dopaminergic neurons in the substantia nigra against 6-OHDA neurotoxicity ¹⁹⁰ and degeneration ¹⁹¹.</p>
	Neurotransmitters	<p>Inhibited the decrease of striatal dopamine and metabolites ¹⁹⁰</p>
	Neuroinflammation	<p>Decreased glial activation and inhibition of proinflammatory cytokines ¹⁹¹</p>
	Redox balance	<p>Inhibited glutathione decreases in the substantia nigra and striatum from 6-OHDA ¹⁹⁰.</p>
Peripheral nerve dysfunction (3) [6 to 21 weeks]	Cellular energetics	<p>Reduced (more efficient) oxidative respiration in sciatic nerve ¹⁹².</p>
	Redox balance	<p>Reduced H₂O₂ emission in sciatic nerve ¹⁹².</p>
	Mitochondria	<p>Reduced ROS mitochondrial production ¹⁹²</p>
	Epigenetic regulation	<p>Mitochondrial RNA expression for NADH dehydrogenase complex and complex IV altered potentially reducing ROS ¹⁹².</p>

	Noiception	Protection from allodynia, reversal of allodynia induced by high fat + high carbohydrate diet ¹⁹³ .
	Structural integrity	Increased epidermal axon density and protection of nerve when on KD prior to injury ¹⁹³ . Improved nerve regeneration when ketogenic diet commenced pre-injury ¹⁹⁴ (Unable to improve regeneration when KD provided after injury ¹⁹⁴).
Spinal cord injury (4) [2 to 14 weeks]	Signalling pathways	Nrf2 activation suppressing oxidative stress in KD started post injury ¹⁹⁶ . NF-κB suppression resulting in reduced expression of proinflammatory cytokines TNF-α, IL-1β, and IFN-γ in KD started post injury ¹⁹⁶ . HDAC inhibitor which protects against oxidative stress with KD started preinjury ¹⁹⁸ .
	Structural integrity	Reduced lesion size and sparing of grey matter in KD started post injury ¹⁹⁷ . (No enhancement of corticospinal tract plasticity ¹⁹⁷).
	Cellular energetics	Upregulation of transporters GLUT1 and MCT1 in the blood vessels adjacent to the lesion ¹⁹⁷ .
	Redox balance	Reduced oxidative stress markers ¹⁹⁶ . Downregulated NADPH, and oxidase (NOX2 and NOX4) with KD preinjury ¹⁹⁵ . Upregulated FOXO3a, MnSOD and catalyse with KD preinjury ¹⁹⁵ .
Stroke (3) [3 weeks]	Structural integrity	Reduced infarct size ¹⁹⁹⁻²⁰¹ , blood-brain barrier permeability and cellular apoptosis showing Improved ischemic tolerance ¹⁹⁹ .
	Neuroinflammation	Reduced NLRP3 inflammasome activation, capsase-1 and IL-1β ¹⁹⁹ .
	Signalling pathways	TXNIP expression which is required for NLRP3 activation ¹⁹⁹ and HIF 1α upregulation via ketone utilisation causing the elevation of succinate ²⁰⁰ . HCAR2 activated on macrophages within the brain by BOHB exerting neuroprotection ²⁰¹ .
	Mitochondria	Decreased ROS production and endoplasmic reticulum stress ¹⁹⁹ .
Traumatic brain injury (9) [variable pre & post TBI]	Cellular energetics / metabolism	Injury induced brain energy deficits reduced in younger rats through shift in fuel source ²⁰² . Reduction in cerebral metabolic rates for glucose while on KD after injury age-dependent with alternate substrate aiding recovery ²⁰⁷ .
	Cortical excitability	Higher threshold to seizure ²⁰⁹ .
	Redox balance	Increased protein expression of cytosolic and mitochondrial antioxidants ²⁰³ and improved neurochemical metabolite ratios ²¹⁰ .
	Mitochondria	Preserved mitochondrial Complex II-III activity ²⁰³ and reduced cytochrome c release reducing cellular apoptosis ^{204,205} .
	Neuroinflammation	Reduced oedema ^{204,206} .
Epigenetics	mRNA changes in expression of genes involved in neuroplasticity, neuroinflammation, mitochondrial function ²⁰⁸ .	
<p>4-HNE: 4-Hydroxy-2-nonenal, 6-OHDA: 6-hydroxydopamine, A1R: Adenosine 1 receptor, AcAc: Acetoacetate, Akt: protein kinase B, AMPK: 5' adenosine monophosphate-activated protein kinase, AMPA: alpha-amino-3-hydroxy-5-methyl-4-isoxazolepropionic acid, APOE: apolipoprotein E, ATP: Adenosine triphosphate, BDNF: Brain derived neurotrophic factor, BOHB: beta hydroxybutyrate, cAMP: cyclic adenosine monophosphate, CNS: Central nervous system, COX: Cyclooxygenase, DNA: Deoxyribonucleic acid, eNOS: endothelial nitric oxide synthase, ERK1/2: extracellular signal-regulated kinase 1 and 2, fEPSP: Field excitatory postsynaptic potentials, FOXO: forkhead box transcription factors, GABA: g-aminobutyric acid, GAD: Glutamic acid decarboxylase, GAPDH: Glyceraldehyde 3-phosphate dehydrogenase, GFAP: glial fibrillary acid protein, GluR: Glutamate receptor, GLUT: Glucose transporter, GPR: G-coupled protein receptor, GPx: glutathione peroxidase, H₂O₂: Hydrogen peroxide, HCAR: Hydroxycarboxylic Acid Receptor, HDAC: Histone deacetylases, HIF: hypoxia-inducible factor, IL: Interleukin, IFN: Interferon, IGF: Insulin-like growth factor, JNK: c-jun amino-terminal kinase, KA: Kainic acid, K_{ATP}: ATP sensitive potassium channel, KCC: Potassium-chloride transporter, KD: Ketogenic diet, KYN: kynurenic acid, MCI: Mild cognitive impairment, MCT: monocarboxylic acid transporter, mHS: mitochondrial 3-hydroxy-3-methylglutaryl-CoA synthase, MnSOD: manganese superoxide dismutase, mPGES-1: prostaglandin E₂ synthase-1, mRNA: Messenger ribonucleic acid, mTOR: mechanistic target of rapamycin, NAD: nicotinamide adenine dinucleotide, NADH: nicotinamide adenine dinucleotide + hydrogen, NADPH: nicotinamide adenine dinucleotide phosphate, NKCC: Sodium-potassium-chloride transporter, NLRP3: NOD-, LRR- and pyrin domain-containing protein 3, nNOS: neuronal NO synthase, NO: Nitric oxide, NF-κB: Nuclear factor-κB, Nrf2: NF-E2 p45-related factor 2, NRSF: Neuron-Restrictive Silencer Factor, O-GlcNAc: O-linked-β-N-acetyl glucosamine, PARP: poly(ADP-ribose) polymerases, PPAR: Peroxisome proliferator-activated receptor, PENK: proenkephalin, PGC1β: peroxisome proliferator activated receptor gamma coactivator 1β, ROS: Reactive oxygen species, Sen: Sodium voltage-gated channel, SSADH -Succinic semialdehyde dehydrogenase, Sirt: Sirtuin, TXNIP: Thioredoxin Interacting Protein, UCP: Uncoupling protein ZnT: Zinc transporter,</p>		