

## Supplemental Online Content

Shah UA, Iyengar NM. Plant-based and ketogenic diets as diverging paths to address cancer: a review. *JAMA Oncol*. Published online July 7, 2022. doi:10.1001/jamaoncol.2022.1769

**eTable 1.** Whole Foods Plant Based Diets in Cancer Interventional Clinical Trials

**eTable 2.** Ketogenic Diets in Cancer Interventional Clinical Trials

This supplemental material has been provided by the authors to give readers additional information about their work.

## eTable 1: Whole Foods Plant Based Diets in Cancer Interventional Clinical Trials

Active – 6; Completed – 2; Unknown – 0; Terminated – 0

Search key words: Vegetarian + Cancer, Vegan + Cancer, Plant based + Cancer

[www.clinicaltrials.gov](http://www.clinicaltrials.gov)

NCT Number	Title	Status	Conditions	Interventions
NCT04298086	A Study of the Body's Response to Exercise and a Plant-Based Diet in Overweight Postmenopausal Women With Breast Cancer	Recruiting	Breast Cancer Primary Hormone Receptor Positive Breast Cancer	Other: Exercise Treatment Other: Plant-Based Diet Other: Physical activity Other: Nutrition counseling Other: Replication Exercise Test
NCT03045289	A Whole-food, Plant-Based Nutrition Intervention in Women With Metastatic Breast Cancer	Recruiting	Metastatic Breast Cancer Breast Cancer Stage IV	Behavioral: Plant-Based Diet
NCT04528615	Testing the Effectiveness of Coping With Cancer in the Kitchen (CCK)	Completed	Cancer Nutrition Aspect of Cancer	Behavioral: CCK In-Person Sessions Behavioral: CCK Printed Materials
NCT03550885	Diet Modulation of Bacterial Sulfur and Bile Acid Metabolism and Colon Cancer Risk	Recruiting	Colorectal Cancer	Other: High taurine and saturated fat diet Other: Low in taurine and saturated fat diet
NCT03084913	Olive Oil v Prostate Cancer Foundation Diet for Treatment of Prostate Cancer	Completed	Prostate Cancer	Other: Plant- based, olive oil diet Other: Prostate Cancer Foundation diet
NCT04920084	A Study of a Plant-Based Diet in People With Monoclonal Gammopathy of Undetermined Significance (MGUS) or Smoldering Multiple Myeloma (SMM)	Recruiting	Monoclonal Gammopathy of Undetermined Significance Smoldering Multiple Myeloma	Other: Plant based meals
NCT04866810	The Effect of Diet and Exercise on ImmuNotherapy and the Microbiome (EDEN)	Recruiting	Melanoma	Behavioral: Intervention Arm Behavioral: Control
NCT04957693	Effect of Vegan Diet and Lifestyle Changes on Indolent Lymphoma During Controlled Waiting Period	Recruiting	Indolent Lymphoma	Behavioral: vegan diet and lifestyle changes

## eTable 2: Ketogenic Diets in Cancer Interventional Clinical Trials

Active – 20; Completed – 10; Unknown – 5; Terminated – 6

Search key words: Ketogenic Diet + Cancer

NCT Number	Title	Status	Conditions	Interventions
NCT03194516	Ketogenic Diet and Prostate Cancer Surveillance Pilot (GCC 1717)	Completed	Prostate Cancer	Other: Surveillance
NCT01975766	Ketogenic Diet Phase 1 for Head & Neck Cancer	Terminated	Head and Neck Neoplasms	Dietary Supplement: Ketogenic diet Device: External beam radiation therapy
NCT03962647	A 2-Week Ketogenic Diet in Combination With Letrozole to Modulate PI3K Signaling in ER+ Breast Cancer	Recruiting	Estrogen Receptor-positive Breast Cancer	Dietary Supplement: 2-Week Ketogenic Diet Drug: Letrozole
NCT03285152	A Study of Ketogenic Diet in Newly Diagnosed Overweight or Obese Endometrial Cancer Patients	Recruiting	Endometrial Cancer	Other: Ketogenic Diet (KD) Other: Standard Diet (SD)
NCT01419483	Ketogenic Diet With Concurrent Chemoradiation for Pancreatic Cancer (KETOPAN)	Terminated	Pancreatic Neoplasms	Dietary Supplement: Ketogenic diet
NCT03328858	Ketogenic Diet in Children With Malignant or Recurrent/Refractory Brain Tumor	Terminated	Brain Tumors	Other: Ketogenic Diet
NCT01716468	Ketogenic Diet in Advanced Cancer	Completed	Cancer	Other: Ketogenic Diet
NCT03535701	Ketogenic Diet and Chemotherapy in Affecting Recurrence in Patients With Stage IV Breast Cancer (KETO-CARE)	Recruiting	Stage IV Breast Cancer AJCC v6 and v7	Dietary Supplement: Dietary Intervention Other: Laboratory Biomarker Analysis Drug: Paclitaxel Other: Quality-of-Life Assessment Other: Questionnaire Administration
NCT03171506	Targeted Disruption to Cancer Metabolism and Growth Through Dietary Macronutrient Modification	Completed	Ovarian Cancer Endometrial Cancer	Other: Ketogenic diet Other: AND diet
NCT03591861	Therapeutic Targeting of Sex Differences in Pediatric Brain Tumor Glycolysis	Recruiting	Pediatric Brain Tumor	Procedure: Ketogenic diet Drug: BCNU
NCT03955068	Strict Classic Ketogenic Diet as a Therapy for Recurrent or Progressive and Refractory Brain Tumors in Children	Not yet recruiting	Recurrent Brain Tumor, Childhood Ketogenic Diet	Other: Strict Classic Ketogenic Diet
NCT01092247	The Effect of Ketogenic Diet on Malignant Tumors-Recurrence and Progress	Unknown status	Malignant Tumors	Other: Nutritional support with Standard diet Other: Nutritional intervention with the Ketogenic diet

NCT03160599	Restricted Calorie Ketogenic Diet as a Treatment in Malignant Tumors	Unknown status	Malignant Tumors	Other: ketogenic diet
NCT04750941	Study of Copanlisib and Ketogenic Diet	Recruiting	Follicular Lymphoma Endometrial Cancer	Drug: Copanlisib Other: Ketogenic Diet
NCT04316520	Ketogenic Diet for Patients Receiving First Line Treatment for Metastatic Renal Cell Carcinoma (CETOREIN)	Recruiting	Metastatic Renal Cancer	Dietary Supplement: Ketogenic diet
NCT04631445	Study Evaluating the Ketogenic Diet in Patients With Metastatic Pancreatic Cancer	Recruiting	Metastatic Pancreatic Ductal Adenocarcinoma	Other: Ketogenic Diet
NCT01419587	Ketogenic Diet With Chemoradiation for Lung Cancer (KETOLUNG)	Terminated	Carcinoma, Non-Small-Cell Lung	Dietary Supplement: Ketogenic diet
NCT04469296	Diet Modification in Patients With Luminal Early Breast Cancer Candidate for Primary Surgery (MACS)	Recruiting	Breast Cancer Surgery	Dietary Supplement: isocaloric ketogenic diet Dietary Supplement: protein restricted diet
NCT01535911	Pilot Study of a Metabolic Nutritional Therapy for the Management of Primary Brain Tumors (Ketones)	Active, not recruiting	Glioblastoma	Other: Energy restricted Ketogenic Diet (ERKD) (Metabolic Nutritional Therapy)
NCT02092753	Ketogenic Or LOGI Diet In a Breast Cancer Rehabilitation Intervention (KOLIBRI)	Completed	Quality of Life	Other: Standard diet (SD) Other: Experimental 1: Ketogenic diet (KD). Other: Experimental 2: "Low glycemic and insulinemic" diet (LOGI)
NCT02744079	Comparison of Healthy Diets on Breast Cancer Markers (KetoBreast)	Completed	Breast Neoplasms	Behavioral: Low carbohydrate diet Behavioral: Low fat diet
NCT04231734	Ketogenic Diet in Patients With Untreated Low Tumor Burden Mantle Cell Lymphoma	Recruiting	Mantle Cell Lymphoma Ketogenic Dieting	Other: Ketogenic Diet
NCT02516501	Impact of a Ketogenic Diet Intervention During Radiotherapy on Body Composition (KETOCOMP)	Recruiting	Neoplasms	Dietary Supplement: MyAmino Dietary Supplement: betaquik Radiation: Radio(chemo)therapy
NCT02964806	Development and Clinical Validation of Ketogen-based Therapeutic Diet for Pancreaticobiliary Cancer Patients	Completed	Ketogen-based Therapeutic Diet Pancreaticobiliary Cancer	Dietary Supplement: Ordinary Diet Dietary Supplement: Modified Atkin's Diet Dietary Supplement: Ketogenic Diet
NCT03785808	Reducing Insulin, Growth Hormones, and Tumors (RIGHT)	Terminated	Diet Modification Lung Cancer	Behavioral: Special Diet Therapy (low-carb) Behavioral: Special Diet Therapy (low-fat) Behavioral: Special Diet Therapy (USDA control)

NCT03278249	Feasibility Study of Modified Atkins Ketogenic Diet in the Treatment of Newly Diagnosed Malignant Glioma	Active, not recruiting	Glioblastoma	Other: Modified Atkins Ketogenic Diet
NCT01865162	Ketogenic Diet as Adjunctive Treatment in Refractory/End-stage Glioblastoma Multiforme: a Pilot Study (KGDinGBM)	Unknown status	Glioblastoma Multiforme	Other: ketogenic diet
NCT03679260	Carbohydrate Restricted Diet Intervention for Men on Prostate Cancer Active Surveillance	Recruiting	Prostate Cancer	Other: Carbohydrate restricted diet Other: Non-restricted diet Other: Phone counseling with dietitian
NCT02046187	Ketogenic Diet With Radiation and Chemotherapy for Newly Diagnosed Glioblastoma	Terminated	Glioblastoma (GBM)	Dietary Supplement: Ketogenic Diet Radiation: Radiation therapy Drug: Temozolomide
NCT04730869	Metabolic Therapy Program In Conjunction With Standard Treatment For Glioblastoma Multiforme	Recruiting	Glioblastoma Multiforme	Other: Standard Treatment Plus Metabolic Therapy Program
NCT02983942	Ketogenic Diet Adjunctive to HD-MTX Chemotherapy for Primary Central Nervous System Lymphoma	Unknown status	Primary Central Nervous System Lymphoma	Dietary Supplement: ketogenic diet Dietary Supplement: Routine diet
NCT02939378	Ketogenic Diet Adjunctive to Salvage Chemotherapy for Recurrent Glioblastoma:a Pilot Study (KGDinRGBM)	Unknown status	Glioblastoma Multiforme	Dietary Supplement: Ketogenic diet Dietary Supplement: Standard diet
NCT03451799	Ketogenic Diet in Combination With Standard-of-care Radiation and Temozolomide for Patients With Glioblastoma	Active, not recruiting	GBM Glioblastoma	Other: Ketogenic Diet Radiation: Standard-of-care radiation Drug: Standard-of-care Temozolomide
NCT02302235	Ketogenic Diet Treatment Adjunctive to Radiation and Chemotherapy in Glioblastoma Multiforme: a Pilot Study (GBMXRT)	Active, not recruiting	Glioblastoma Multiforme of Brain	Other: Ketogenic Diet Other: Standardized Diet
NCT04691960	A Pilot Study of Ketogenic Diet and Metformin in Glioblastoma: Feasibility and Metabolic Imaging	Recruiting	Glioblastoma	Other: Ketogenic Diet Drug: Metformin
NCT01754350	Calorie-restricted, Ketogenic Diet and Transient Fasting During Reirradiation for Patients With Recurrent Glioblastoma (ERGO2)	Completed	Recurrent Glioblastoma	Dietary Supplement: calorie-restricted ketogenic diet and transient fasting Dietary Supplement: standard nutrition
NCT00575146	Ketogenic Diet for Recurrent Glioblastoma (ERGO)	Completed	Recurrent Glioblastoma	Dietary Supplement: TAVARLIN
NCT03075514	Ketogenic Diets as an Adjuvant Therapy in Glioblastoma (KEATING)	Completed	Glioblastoma Glioblastoma Multiforme Glioblastoma, Adult	Other: MKD Other: MCT

NCT03510429	Clinical Validation of Nutritional Supplements("Ketogenic Plus") Developed for Pancreaticobiliary Cancer Patients	Recruiting	Pancreaticobiliary Cancer	Dietary Supplement: Postoperative Nutritional Supplement Other: Routine post-op care
NCT03950635	Dietary Intervention in Patients With a History of Melanoma	Recruiting	Melanoma	Dietary Supplement: Dietary Intervention Other: Questionnaire Administration
NCT02286167	Glioma Modified Atkins-based Diet in Patients With Glioblastoma (GLAD)	Completed	Glioblastoma Multiforme	Other: Diet modification