

# Jeff Volek

Jan 7, 2026 · Jeff Volek, PhD, RD: Scientific advisor for Simply Good Foods, which owns Atkins® and Quest Nutrition®, brands that sell low-carbohydrate food products. “The Administration has been ... The Ohio State University - Cited by 53,154 - Nutritional Ketosis - Low Carbohydrate Diets - Metabolism Mar 6, 2026 · By calibrating protein targets to our target, or ideal, weights — and modernizing how we think about saturated fat — we can translate these new guidelines into real, lasting metabolic gains. ... Dr. Jeff Volek, PhD, RD Dr. Jeff Volek is a Professor at The Ohio State University, USA where he teaches and leads a research team that explores the physiological impact of various dietary and ... Jeff S. Volek is an American registered dietitian, professor, and leading

researcher in the fields of kinesiology, nutrition, and exercise physiology, renowned for his pioneering work on low-carbohydrate diets. Jeff Volek is Co-Founder and former Chief Science Officer of Virta Health, the first clinically-proven treatment to safely and sustainably reverse type 2 diabetes without medications or surgery. For the ... Jeff S. Volek, PhD, is a professor in the Department of Human Sciences at The Ohio State University, where he advances the fields of nutrition and exercise science through a multi-translational approach ... Experience: The Ketogenic Foundation · Location: Columbus · 500+ connections on LinkedIn. View Jeff Volek’s profile on LinkedIn, a professional community of 1 billion members. Professor Department of Human Sciences Program Area: Kinesiology volek.1@osu.edu (614) 688-1701 During the last

25 years I have been conducting ketogenic diet, nutritional supplement, and exercise ... Jeff S. Volek is an American kinesiologist and low-carbohydrate diet advocate who focuses on the clinical application of ketogenic diets. He is the co-founder of Virta Health and was a review author for ...

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