

Effect of Dietary Factors on Incidence of Type 2 Diabetes : A Systematic Review

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Abstract : Despite the fact that numerous studies have been performed to evaluate the possible effects of dietary factors on type 2 diabetes, the findings still remain unclear. We conducted a systematic review of cohort studies (including some nested case-control studies) in order to evaluate the effect of the intake of foods and nutrients on the incidence of type 2 diabetes. We searched the 2002–2007 PubMed database for original articles which had been published in English. We finally selected 25 articles for analysis after considering 575 papers. No statistically significant relationship between various dietary factors and the incidence of type 2 diabetes was reported in many papers. However, the consumption of coffee was significantly and inversely associated with type 2 diabetes in a relatively large number of papers. On the other hand, the intake of meat was significantly and positively related to type 2 diabetes in several papers. Because all of the studies were carried out in Western countries, the application of these findings to people in other countries, including Japan, may not be appropriate. The differences between Japan and Western countries should therefore be carefully taken into consideration when interpreting the results.

Key words : Foods, Intake, Nutrition, Systematic review, Type 2 diabetes