

Long-term, randomized clinical trial of two diets in the metabolic syndrome and type 2 diabetes.

Scott, LW 2003
Diabetes Care
26(8):2481-2482.

Abstract:

This study randomized 35 patients with the metabolic syndrome or type 2 diabetes to the contemporary American Heart Association (AHA) diet (15% of calories from protein, 30% fat, and 15% MUFAs) or a diet higher in protein, total fat, and MUFAs (25, 40, and 22% of calories, respectively; HiPro-HiMono diet) for 42-weeks. Though most patients improved their glycemic control, the long-term study was limited by small sample size. The power to detect a 10% difference between groups at $\alpha = 0.05$ with the observed SDs was <18% for LDL cholesterol, triglyceride, and fasting glucose. Weight loss was a potential confounding factor in the analyses. Nevertheless, the study's trends support the hypothesis that a diet high in protein and MUFAs may be advantageous in correcting glucose and lipid metabolism abnormalities.