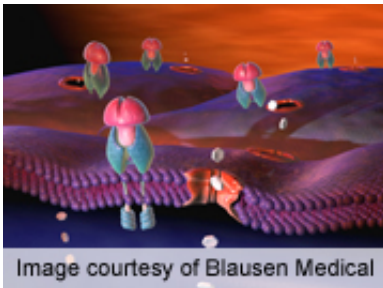


# Very low carbohydrate diet beneficial for obese with T2DM

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(HealthDay)—For obese adults with type 2 diabetes mellitus (T2DM), a very low carbohydrate diet is associated with greater improvements in glycemic control and cardiovascular risk markers than an energy-matched high unrefined carbohydrate diet, according to a study published online July 28 in *Diabetes Care*.

Jeannie Tay, from the Commonwealth Scientific and Industrial Research Organization in Adelaide, Australia, and colleagues compared the effects of a very low carbohydrate, high unsaturated/low saturated fat diet (LC) with a high-unrefined carbohydrate, low fat diet (HC) on [glycemic control](#) and [cardiovascular disease risk](#) factors. Participants included 115 [obese adults](#) with T2DM who were randomized to 24 weeks of a hypocaloric LC diet or an energy-matched HC diet, combined with structured exercise.

Ninety-three participants completed the 24-week program, with similar completion rates (LC, 79 percent; HC, 82 percent). The researchers found that weight loss was similar between the groups (LC:  $-12.0 \pm 6.3$  kg versus HC:  $-11.5 \pm 5.5$  kg;  $P \geq 0.50$ ), and blood pressure, fasting blood glucose, and low-density lipoprotein cholesterol all decreased, with no diet effect ( $P \geq 0.10$ ). Greater reductions were seen in triglycerides, antiglycemic medication effects score, and glycemic variability indices with LC ( $P \leq 0.03$ ). In participants with baseline values of hemoglobin A1c  $>7.8$  percent and high-density lipoprotein cholesterol

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