

Fewer vegetable-based proteins tied to metabolic syndrome

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(HealthDay)—Decreased vegetable protein intake and increased dietary acid load are associated with higher prevalence of metabolic syndrome in patients with type 2 diabetes, according to a study published online Jan. 6 in the *Journal of Diabetes Investigation*.

Hiroya Iwase, M.D., from the Kyoto Prefectural University of Medicine in Japan, and colleagues assessed [dietary intake](#) in 149 patients with type 2 diabetes using a validated, self-administered diet history questionnaire. Potential renal acid load (PRAL) and net endogenous acid production (NEAP) were used to assess dietary acid load.

The researchers found that carbohydrate energy/total energy was negatively correlated with animal protein energy/total energy, PRAL, or

NEAP score. However, carbohydrate energy/total energy was positively correlated with vegetable protein energy/total energy. The subgroup of patients with lower vegetable protein energy/total energy or higher PRAL or NEAP score was significantly associated with prevalence of [metabolic syndrome](#), after logistic regression analyses.

"Our study showed that carbohydrate intake was associated with quality of [dietary protein](#) and dietary acid load," the authors write.

"Furthermore, decreased vegetable protein intake and increased dietary acid load were associated with prevalence of metabolic syndrome."

More information: [Abstract](#)
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