

Review: Plant-based diets tied to improved inflammatory profiles

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(HealthDay)—Plant-based diets are associated with improvement in

obesity-related inflammatory biomarker profiles, including decreases in C-reactive protein and interleukin-6 levels, according to a review published online July 13 in *Obesity Reviews*.

Fabian Eichelmann, from the German Institute of Human Nutrition Potsdam-Rebrücke, and colleagues conducted a systematic review and meta-analysis of intervention trials to examine the effect of plant-based diets on obesity-related inflammatory biomarker profiles. Twenty-nine of 2,583 publications, with 2,689 participants, met the inclusion criteria.

The researchers found that consumption of plant-based diets correlated with a decrease in the mean concentrations of C-reactive protein (effect size, -0.55 mg/L), interleukin-6 (effect size, -0.25 ng/L), and soluble intercellular adhesion molecule 1 (effect size, -25.07 ng/mL). For tumor necrosis factor- α , resistin, adiponectin, and leptin there were no substantial effects.

"Plant-based diets are associated with an improvement in obesity-related inflammatory profiles and could provide means for therapy and prevention of chronic disease risk," the authors write.

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