

Low protein diets may improve blood sugar regulation in obesity

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Diets that are very high in protein are linked to an increased risk for developing type 2 diabetes, and high protein levels have been correlated to poor insulin regulation. However, few studies have investigated whether decreasing protein intake could be an effective strategy for lowering the risk of type 2 diabetes and other obesity-related metabolic disorders.

In this issue of the *JCI*, research led by Adam Rose at the German Cancer Research Center demonstrated that very low protein diets can improve [glucose homeostasis](#) in mice and humans. In obese mice, low protein diets prevented dysregulation of [glucose levels](#) by inducing liver stress signaling pathways.

Low protein diets also improved blood glucose homeostasis and other metabolic markers in a small group of healthy young men.

These data indicate that low protein diets activate stress response pathways in the liver that may reduce the risk of developing obesity-related metabolic disorders.

More information: Adriano Maida et al, A liver stress-endocrine nexus promotes metabolic integrity during dietary protein dilution, *Journal of Clinical Investigation* (2016). [DOI: 10.1172/JCI85946](https://doi.org/10.1172/JCI85946)

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