

# Certain diets may protect against heart disease with type 1 diabetes

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Certain dietary patterns may protect against inflammation and heart

disease in adults with type 1 diabetes, according to a study presented during [NUTRITION 2024](#), the annual meeting of the American Society for Nutrition, held from June 29 to July 2 in Chicago.

Arpita Basu, Ph.D., from the University of Nevada in Las Vegas, and colleagues used data from participants in the Coronary Artery Calcification in type 1 Diabetes study (563 participants with T1D; 692 controls) to assess longitudinal associations between healthy [dietary patterns](#) with biomarkers of inflammation and atherosclerosis.

The researchers found that when adjusting for age, sex, calories, body mass index, follow-up time, [blood pressure](#), cholesterol, smoking status, and [physical activity](#), Dietary Approaches to Stop Hypertension (DASH) dietary scores were inversely associated with homocysteine in adults with and without T1D (percent change for controls:  $-0.53$ ; T1D:  $-0.57$ ). There was also an inverse relationship between DASH scores and plasminogen activator inhibitor-1 in the control group (percent change:  $-0.99$ ).

"There is an urgent need to address dietary quality in adults with type 1 diabetes," Basu said in a statement. "In a clinical setting, assessing dietary intakes using the DASH and Mediterranean dietary checklists could be an effective way to identify gaps and improve intakes."

**More information:** Abstract: [www.dropbox.com/scl/fi/5ke2mq7...d0olpqngvaa&e=1&dl=0](http://www.dropbox.com/scl/fi/5ke2mq7...d0olpqngvaa&e=1&dl=0)

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