

Conclusions: Diet, Obesity & NIDDM

- 1) Obesity and NIDDM are a problem globally and in Ghana
- 2) RCTs of lifestyle and conventional diet can slow the progression to NIDDM
- 3) Glycemic Index is an effective dietary intervention which improves outcome
- 4) Red meat consumption increases incidence of NIDDM by 30-40%
- 5) Effective dietary interventions include:
 - 1) Glycemic index
 - 2) Mediterranean diet
- 6) The most effective dietary intake to date is a whole foods, low fat, plant-based diet



Obesity And Niddm

S Baum



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