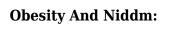
Conclusions: Diet, Obesity & NIDDM

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



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