## EXCLUDED ARTICLES: Dietary Patterns & Type 2 Diabetes

| # | Citations | Rationale for Exclusion |
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| **1.** | Aas AM, Johansson L, Bjerkan K, Lorentsen N, Mostad IL. Do Norwegians with diabetes have a healthier diet than the general population? Norsk Epidemiologi. 2013. Bergen Norway. 23. 61-74. PMID: #accession number# DOI: #DOI# | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **2.** | Adamson AJ, Foster E, Butler TJ, Bennet S, Walker M. Non-diabetic relatives of Type 2 diabetic families: dietary intake contributes to the increased risk of diabetes. Diabet Med. 2001 Dec;18(12):984-90. PubMed PMID: 11903398. | Case-control study |
| **3.** | Ahluwalia N, Andreeva VA, Kesse-Guyot E, Hercberg S. Dietary patterns, inflammation and the metabolic syndrome. Diabetes Metab. 2012 Oct 10. doi:pii: S1262-3636(12)00152-8. 10.1016/j.diabet.2012.08.007. [Epub ahead of print] PubMed PMID: 23062863. | Narrative review |
| **4.** | Ahn HJ, Eom YK, Han KA, Kwon HR, Kim HJ, Park KS, Min KW. The effects of small sized rice bowl on carbohydrate intake and dietary patterns in women with type 2 diabetes. Korean Diabetes J. 2010 Jun;34(3):166-73. Epub 2010 Jun 30. PubMed PMID: 20617077; PubMed Central PMCID: PMC2898930. | Does not assess dietary patterns as the independent variable; examined rice bowl size |
| **5.** | Ajala O, English P, Pinkney J. Systematic review and meta-analysis of different dietary approaches to the management of type 2 diabetes. Am J Clin Nutr. 2013 Jan 30. [Epub ahead of print] PubMed PMID: 23364002. | Systematic review/meta-analysis |
| **6.** | Akhtar MS, Almas K, Kausar T, Wolever TMS. Blood glucose responses to traditional South Asian vegetable dishes in normal and diabetic human subjects. Nutrition Research. 2002. #author address#. #volume#. 989-996. DOI:#DOI# | Insufficient sample size (less than 30 subjects per study arm) |
| **7.** | Albarran NB, Ballesteros MN, Morales GG, Ortega MI. Dietary behavior and type 2 diabetes care. Patient Educ Couns. 2006 May;61(2):191-9. PubMed PMID: 15905066. | Subjects were diagnosed with type 2 diabetes |
| **8.** | Alexander H, Lockwood LP, Harris MA, Melby CL. Risk factors for cardiovascular disease and diabetes in two groups of Hispanic Americans with differing dietary habits. J Am Coll Nutr. 1999. #author address#. 18. 127-136. DOI:#DOI# | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **9.** | Al-Solaiman Y, Jesri A, Mountford WK, Lackland DT, Zhao Y, Egan BM. DASH lowers blood pressure in obese hypertensives beyond potassium, magnesium and fibre. J Hum Hypertens. 2010 Apr;24(4):237-46. Epub 2009 Jul 23. PubMed PMID: 19626043; PubMed Central PMCID: PMC2841705. | Size of study groups <30 subjects |
| **10.** | Anderson AL, Harris TB, Tylavsky FA, Perry SE, Houston DK, Lee JS, Kanaya AM, Sahyoun NR. Dietary patterns, insulin sensitivity and inflammation in older adults. Eur J Clin Nutr. 2012 Jan;66(1):18-24. doi: 10.1038/ejcn.2011.162. Epub 2011 Sep 14. PubMed PMID: 21915138; PubMed Central PMCID: PMC3251708. | Measured diet and type 2 diabetes-related outcomes at 1 time point |
| **11.** | Antonopoulou S, Fragopoulou E, Karantonis HC, Mitsou E, Sitara M, Rementzis J, Mourelatos A, Ginis A, Phenekos C. Effect of traditional Greek Mediterranean meals on platelet aggregation in normal subjects and in patients with type 2 diabetes mellitus. J Med Food. 2006 Fall;9(3):356-62. PubMed PMID: 17004898. | Does not assess type 2 diabetes as the dependent variable; examined platelet aggregation |
| **12.** | Aronis P, Antonopoulou S, Karantonis HC, Phenekos C, Tsoukatos DC. Effect of fast-food Mediterranean-type diet on human plasma oxidation. J Med Food. 2007 Sep;10(3):511-20. PubMed PMID: 17887946. | Size of study groups <30 subjects |
| **13.** | Arora SK, McFarlane SI. The case for low carbohydrate diets in diabetes management. Nutr Metab (Lond). 2005 Jul 14;2:16. PubMed PMID: 16018812; PubMed Central PMCID: PMC1188071. | Narrative review |

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| **14.** | Asemi Z, Tabassi Z, Samimi M, Fahiminejad T, Esmaillzadeh A. Favourable effects of the Dietary Approaches to Stop Hypertension diet on glucose tolerance and lipid profiles in gestational diabetes: a randomised clinical trial. Br J Nutr. 2012 Nov 13:1-7. [Epub ahead of print] PubMed PMID: 23148885. | All subjects diagnosed with gestational diabetes |
| **15.** | Auslander W, Haire-Joshu D, Houston C, Rhee CW, Williams JH. A controlled evaluation of staging dietary patterns to reduce the risk of diabetes in African-American women. Diabetes Care. 2002 May;25(5):809-14. PubMed PMID: 11978673. | Did not examine type 2 diabetes as the dependent variable; examined changes in diet following the intervention |
| **16.** | Azadbakht L, Fard NR, Karimi M, Baghaei MH, Surkan PJ, Rahimi M, Esmaillzadeh A, Willett WC. Effects of the Dietary Approaches to Stop Hypertension (DASH) eating plan on cardiovascular risks among type 2 diabetic patients: a randomized crossover clinical trial. Diabetes Care. 2011 Jan;34(1):55-7. Epub 2010 Sep 15. PubMed PMID: 20843978; PubMed Central PMCID: PMC3005461. | All subjects diagnosed with type 2 diabetes |
| **17.** | Azadbakht L, Mirmiran P, Esmaillzadeh A, Azizi T, Azizi F. Beneficial effects of a Dietary Approaches to Stop Hypertension eating plan on features of the metabolic syndrome. Diabetes Care. 2005 Dec;28(12):2823-31. PMID: 16306540. | Intervention diets were for weight reduction |
| **18.** | Azadbakht L, Surkan PJ, Esmaillzadeh A, Willett WC. The Dietary Approaches to Stop Hypertension eating plan affects C-reactive protein, coagulation abnormalities, and hepatic function tests among type 2 diabetic patients. J Nutr. 2011 Jun;141(6):1083-8. Epub 2011 Apr 27. PubMed PMID: 21525259; PubMed Central PMCID: PMC3137257. | All subjects diagnosed with type 2 diabetes |
| **19.** | Baldrick FR, Elborn JS, Woodside JV, Treacy K, Bradley JM, Patterson CC, Schock BC, Ennis M, Young IS, McKinley MC. Effect of fruit and vegetable intake on oxidative stress and inflammation in COPD: a randomised controlled trial. Eur Respir J. 2012 Jun;39(6):1377-84. doi: 10.1183/09031936.00086011. Epub 2011 Nov 16. PubMed PMID: 22088966. | Did not examine dietary patterns as defined for this project; examined effect of fruit and vegetable intake |
| **20.** | Barakatun Nisak MY, Ruzita AT, Norimah AK, Gilbertson H, Nor Azmi K. Improvement of dietary quality with the aid of a low glycemic index diet in Asian patients with type 2 diabetes mellitus. J Am Coll Nutr. 2010 Jun;29(3):161-70. PubMed PMID: 20833988. | All subjects diagnosed with type 2 diabetes |
| **21.** | Barbaresko J, Koch M, Schulze MB, Nothlings U. Dietary pattern analysis and biomarkers of low-grade inflammation: a systematic literature review. Nutrition Reviews. 2013. Department of Nutrition and Food Sciences, Nutritional Epidemiology, University of Bonn, Bonn, Germany; Section of Epidemiology, Institute of Experimental Medicine, Christian-Albrechts University of Kiel, Kiel, Germany.. 71. 511-27. PMID: 23865797 DOI: 10.1111/nure.12035 | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **22.** | Barnard ND, Cohen J, Jenkins DJ, Turner-McGrievy G, Gloede L, Green A, Ferdowsian H. A low-fat vegan diet and a conventional diabetes diet in the treatment of type 2 diabetes: a randomized, controlled, 74-wk clinical trial. Am J Clin Nutr. 2009 May;89(5):1588S-1596S. Epub 2009 Apr 1. PubMed PMID: 19339401; PubMed Central PMCID: PMC2677007. | All subjects diagnosed with type 2 diabetes |
| **23.** | Barnard ND, Cohen J, Jenkins DJ, Turner-McGrievy G, Gloede L, Jaster B, Seidl K, Green AA, Talpers S. A low-fat vegan diet improves glycemic control and cardiovascular risk factors in a randomized clinical trial in individuals with type 2 diabetes. Diabetes Care. 2006 Aug;29(8):1777-83. PubMed PMID: 16873779. | All subjects diagnosed with type 2 diabetes |
| **24.** | Barnard ND, Gloede L, Cohen J, Jenkins DJ, Turner-McGrievy G, Green AA, Ferdowsian H. A low-fat vegan diet elicits greater macronutrient changes, but is comparable in adherence and acceptability, compared with a more conventional diabetes diet among individuals with type 2 diabetes. J | All subjects diagnosed with type 2 diabetes |

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| | Am Diet Assoc. 2009 Feb;109(2):263-72. PubMed PMID: 19167953; PubMed Central PMCID: PMC2680723. | |
| **25.** | Barnard ND, Scialli AR, Turner-McGrievy G, Lanou AJ, Glass J. The effects of a low-fat, plant-based dietary intervention on body weight, metabolism, and insulin sensitivity. Am J Med. 2005 Sep;118(9):991-7. PubMed PMID: 16164885. | <30 subjects per study arm |
| **26.** | Barona J, Jones JJ, Kopec RE, Comperatore M, Andersen C, Schwartz SJ, Lerman RH, Fernandez ML. A Mediterranean-style low-glycemic-load diet increases plasma carotenoids and decreases LDL oxidation in women with metabolic syndrome. J Nutr Biochem. 2012 Jun;23(6):609-15. doi: 10.1016/j.jnutbio.2011.02.016. Epub 2011 Jul 19. PubMed PMID: 21775117. | <30 subjects per study arm; n=15, 20 |
| **27.** | Bauer F, Beulens JW, van der AD, Wijmenga C, Grobbee DE, Spijkerman AM,van der Schouw YT,Onland-Moret NC. Dietary patterns and the risk of type 2 diabetes in overweight and obese individuals. European Journal of Nutrition. 2013. Julius Center for Health Sciences and Primary Care, University Medical Center Utrecht, Mailbox: Str. 6.131, PO Box 85500, 3508 GA, Utrecht, The Netherlands.. 52. 1127-34. PMID: 22972436 DOI: 10.1007/s00394-012-0423-4 | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **28.** | Baxheinrich A, Stratmann B, Lee-Barkey YH, Tschoepe D, Wahrburg U. Effects of a rapeseed oil-enriched hypoenergetic diet with a high content of α-linolenic acid on body weight and cardiovascular risk profile in patients with the metabolic syndrome. Br J Nutr. 2012 Aug;108(4):682-91. doi: 10.1017/S0007114512002875. PubMed PMID: 22894911. | Did not examine dietary patterns as defined for this project; examined effects of a rapeseed oil-enriched hypoenergetic diet with a high content of α-linolenic acid |
| **29.** | Bermudez OI, Velez-Carrasco W, Schaefer EJ, Tucker KL. Dietary and plasma lipid, lipoprotein, and apolipoprotein profiles among elderly Hispanics and non-Hispanics and their association with diabetes. Am J Clin Nutr. 2002 Dec;76(6):1214-21. PubMed PMID: 12450885. | Did not examine dietary patterns as defined for this project; examined macronutrient intakes |
| **30.** | Blonk MC, Jacobs MA, Friedberg CE, Nauta JJ, Teerlink T, Popp-Snijders C, Heine RJ. Determinants of insulin sensitivity and consequences for lipoproteins and blood pressure in subjects with non-insulin-dependent diabetes mellitus. Metabolism. 1994 Apr;43(4):501-8. PubMed PMID: 8159111. | All subjects diagnosed with type 2 diabetes |
| **31.** | Bloomer RJ, Kabir MM, Canale RE, Trepanowski JF, Marshall KE, Farney TM, Hammond KG. Effect of a 21 day Daniel Fast on metabolic and cardiovascular disease risk factors in men and women. Lipids Health Dis. 2010 Sep 3;9:94. PubMed PMID: 20815907; PubMed Central PMCID: PMC2941756. | Study is a before-after study |
| **32.** | Boehm S, Schlenk EA, Funnell MM, Powers H, Ronis DL. Predictors of adherence to nutrition recommendations in people with non-insulin-dependent diabetes mellitus. Diabetes Educ. 1997 Mar-Apr;23(2):157-65. PubMed PMID: 9155314. | All subjects diagnosed with type 2 diabetes |
| **33.** | Bos MB, de Vries JH, Feskens EJ, van Dijk SJ, Hoelen DW, Siebelink E, Heijligenberg R, de Groot LC. Effect of a high monounsaturated fatty acids diet and a Mediterranean diet on serum lipids and insulin sensitivity in adults with mild abdominal obesity. Nutr Metab Cardiovasc Dis. 2010 Oct;20(8):591-8. Epub 2009 Aug 18. PubMed PMID: 19692213. | <30 subjects per study arm |
| **34.** | Brehm BJ, Lattin BL, Summer SS, Boback JA, Gilchrist GM, Jandacek RJ, D'Alessio DA. One-year comparison of a high-monounsaturated fat diet with a high-carbohydrate diet in type 2 diabetes. Diabetes Care. 2009 Feb;32(2):215-20. Epub 2008 Oct 28. PubMed PMID: 18957534; PubMed Central PMCID: PMC2628682. | All subjects diagnosed with type 2 diabetes |
| **35.** | Brinkworth GD, Noakes M, Parker B, Foster P, Clifton PM. Long-term effects of advice to consume a high-protein, low-fat diet, rather than a | All subjects diagnosed with type 2 diabetes |

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| | conventional weight-loss diet, in obese adults with type 2 diabetes: one-year follow-up of a randomised trial. Diabetologia. 2004 Oct;47(10):1677-86. Epub 2004 Oct 6. PubMed PMID: 15480538. | |
| **36.** | Bryden KS, Neil A, Mayou RA, Peveler RC, Fairburn CG, Dunger DB. Eating habits, body weight, and insulin misuse. A longitudinal study of teenagers and young adults with type 1 diabetes. Diabetes Care. 1999 Dec;22(12):1956-60. PubMed PMID: 10587825. | All subjects diagnosed with type 1 diabetes |
| **37.** | Burke LE, Hudson AG, Warziski MT, Styn MA, Music E, Elci OU, Sereika SM. Effects of a vegetarian diet and treatment preference on biochemical and dietary variables in overweight and obese adults: a randomized clinical trial. Am J Clin Nutr. 2007 Sep;86(3):588-96. PubMed PMID: 17823421. | **Follow-up rate was <80% |
| **38.** | Calle-Pascual AL, Saavedra A, Benedi A, Martin-Alvarez PJ, Garcia-Honduvilla J, Calle JR, Marañes JP. Changes in nutritional pattern, insulin sensitivity and glucose tolerance during weight loss in obese patients from a Mediterranean area. Horm Metab Res. 1995 Nov;27(11):499-502. PubMed PMID: 8770626. | Before-After study |
| **39.** | Carpenter R. Appraisal of perceived threat of diabetes and the relation to adherence for adults in Appalachia. J Health Care Poor Underserved. 2012 May;23(2):726-38. doi: 10.1353/hpu.2012.0049. PubMed PMID: 22643620. | Did not examine dietary patterns as defined for this project; examined perceived threat of diabetes |
| **40.** | Carty CL, Kooperberg C, Neuhouser ML, Tinker L, Howard B, Wactawski-Wende J, Beresford SA, Snetselaar L, Vitolins M, Allison M, Budrys N, Prentice R, Peters U. Low-fat dietary pattern and change in body-composition traits in the Women's Health Initiative Dietary Modification Trial. Am J Clin Nutr. 2011 Mar;93(3):516-24. Epub 2010 Dec 22. PubMed PMID: 21177798; PubMed Central PMCID: PMC3041598. | Did not examine type 2 diabetes as a dependent variable, but as a mediator |
| **41.** | Champagne CM. The usefulness of a Mediterranean-based diet in individuals with type 2 diabetes. Curr Diab Rep. 2009 Oct;9(5):389-95. Review. PubMed PMID: 19793509. | Narrative review |
| **42.** | Chan TYT. Dietary management of type 2 diabetes mellitus. Hong Kong Practitioner. 2003. Chan, T.Y.T., Dietetic Department, United Christian Hospital, Kwun Tong, Kowloon, Hong Kong. 25. 22-28. DOI:#DOI# | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **43.** | Cheng D. Prevalence, predisposition and prevention of type II diabetes. Nutr Metab (Lond). 2005 Oct 18;2:29. PubMed PMID: 16232315; PubMed Central PMCID: PMC1309619. | Narrative review |
| **44.** | Chrysohoou C, Panagiotakos DB, Pitsavos C, Das UN, Stefanadis C. Adherence to the Mediterranean diet attenuates inflammation and coagulation process in healthy adults: The ATTICA Study. J Am Coll Cardiol. 2004 Jul 7;44(1):152-8. PubMed PMID: 15234425. | Did not examine type 2 diabetes as a dependent variable; examined markers of inflammation and coagulation |
| **45.** | Ciccarone E, Di Castelnuovo A, Salcuni M, Siani A, Giacco A, Donati MB, De Gaetano G, Capani F, Iacoviello L; Gendiabe Investigators. A high-score Mediterranean dietary pattern is associated with a reduced risk of peripheral arterial disease in Italian patients with Type 2 diabetes. J Thromb Haemost. 2003 Aug;1(8):1744-52. PubMed PMID: 12911588. | All subjects diagnosed with type 2 diabetes |
| **46.** | Cole SM, Teufel-Shone NI, Ritenbaugh CK, Yzenbaard RA, Cockerham DL. Dietary intake and food patterns of Zuni adolescents. J Am Diet Assoc. 2001 Jul;101(7):802-6. PubMed PMID: 11478480. | Cross-sectional study ( |
| **47.** | Coltman AE, Keim KS, Chapman-Novakofski KM, Taylor CA. Assessing diet quality of a type 2 diabetes sample using the healthy eating index 2005. Topics in Clinical Nutrition. 2013. Coltman, A.E., Rush University Medical Center, Chicago, IL 60612, United States. 28. 145-153. PMID: #accession number# DOI: #DOI# | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |

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| **48.** | Davis NJ, Schechter CB, Ortega F, Rosen R, Wylie-Rosett J, Walker EA. Dietary patterns in Blacks and Hispanics with diagnosed diabetes in New York City's South Bronx. American Journal of Clinical Nutrition. 2013. Albert Einstein College of Medicine, Bronx, NY, USA. nichola.davis@nbhn.net. 97. 878-85. PMID: 23446901 DOI: 10.3945/ajcn.112.051185 | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **49.** | de Koning L, Fung TT, Liao X, Chiuve SE, Rimm EB, Willett WC, Spiegelman D, Hu FB. Low-carbohydrate diet scores and risk of type 2 diabetes in men. Am J Clin Nutr. 2011 Apr;93(4):844-50. Epub 2011 Feb 10. PubMed PMID: 21310828; PubMed Central PMCID: PMC3057550. | Did not examine dietary patterns as defined for this project; diet scores were based on macronutrients |
| **50.** | De Natale C, Annuzzi G, Bozzetto L, Mazzarella R, Costabile G, Ciano O, Riccardi G, Rivellese AA. Effects of a plant-based high-carbohydrate/high-fiber diet versus high-monounsaturated fat/low-carbohydrate diet on postprandial lipids in type 2 diabetic patients. Diabetes Care. 2009 Dec;32(12):2168-73. Epub 2009 Sep 9. PubMed PMID: 19741188; PubMed Central PMCID: PMC2782970. | All subjects diagnosed with type 2 diabetes |
| **51.** | de Paula TP, Steemburgo T, de Almeida JC, Dall'alba V, Gross JL, de Azevedo MJ. The role of Dietary Approaches to Stop Hypertension (DASH) diet food groups in blood pressure in type 2 diabetes. Br J Nutr. 2012 Jul;108(1):155-62. Epub 2011 Dec 6. PubMed PMID: 22142820. | All subjects diagnosed with type 2 diabetes |
| **52.** | Deas GW. Contribution of diet to the increased incidence of type 2 diabetes mellitus in inner city African-American children. J Pediatr Endocrinol Metab. 2002 Apr;15 Suppl 1:503-4. PubMed PMID: 12017223. | Commentary |
| **53.** | Delahanty L,Kriska A,Edelstein S,Amodei N,Chadwick J,Copeland K,Galvin B,El Ghormli L,Haymond M,Kelsey MM,Lassiter C,Milaszewski K,Syme A,Mayer-Davis E. Self-reported dietary intake of youth with recent onset of type 2 diabetes: results from the TODAY study. J Acad Nutr Diet. 2013. George Washington University Biostatistics Center, 6110 Executive Blvd, Ste 750, Rockville,MD 20852, USA. elghorml@biostat.bsc.gwu.edu. 113. 431-9. PMID: 23438494 DOI: 10.1016/j.jand.2012.11.015 | Did not assess dietary patterns as defined for the project |
| **54.** | Delavar MA, Lye MS, Khor GL, Hassan ST, Hanachi P. Dietary patterns and the metabolic syndrome in middle aged women, Babol, Iran. Asia Pac J Clin Nutr. 2009;18(2):285-92. PubMed PMID: 19713190. | Cross-sectional study |
| **55.** | DiBello JR, McGarvey ST, Kraft P, Goldberg R, Campos H, Quested C, Laumoli TS, Baylin A. Dietary patterns are associated with metabolic syndrome in adult Samoans. J Nutr. 2009 Oct;139(10):1933-43. Epub 2009 Aug 26. PubMed PMID: 19710163; PubMed Central PMCID: PMC2744614. | Cross-sectional study |
| **56.** | Dietary measures for type 2 diabetes. Weight loss and a Mediterranean-type diet, with no foods off-limits. Prescrire Int. 2009 Oct;18(103):224. PubMed PMID: 19882798. | Commentary |
| **57.** | Dominguez LJ,Bes-Rastrollo M,de la Fuente-Arrillaga C,Toledo E,Beunza JJ,Barbagallo M,Martinez-Gonzalez MA. Similar prediction of total mortality, diabetes incidence and cardiovascular events using relative- and absolute-component Mediterranean diet score: the SUN cohort. Nutr Metab Cardiovasc Dis. 2013. Geriatric Unit, Department of Internal Medicine and Geriatrics, University of Palermo, via F. Scaduto 6/c, 90144 Palermo, Italy.. 23. 451-8. PMID: 22402062 DOI: 10.1016/j.numecd.2011.10.009 | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **58.** | Duc Son le NT, Hanh TT, Kusama K, Kunii D, Sakai T, Hung NT, Yamamoto S. Anthropometric characteristics, dietary patterns and risk of type 2 diabetes mellitus in Vietnam. J Am Coll Nutr. 2005 Aug;24(4):229-34. PubMed PMID: 16093399. | Study subjects from Vietnam |
| **59.** | Edwards S, Murphy C, Feltbower RG, Stephenson CR, Cade JE, McKinney PA, Bodansky HJ. Changes in the diet of a South Asian | Country is ranked as low or medium on Human |

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| | transmigratory population may be associated with an increase in incidence of childhood diabetes. Nutrition Research. 2006. Feltbower, R.G., Paediatric Epidemiology Group, Centre for Epidemiology and Biostatistics, University of Leeds, Leeds, LS2 9LN, United Kingdom. 26. 249-254. DOI:#DOI# | Development Index |
| **60.** | Elhayany A, Lustman A, Abel R, Attal-Singer J, Vinker S. A low carbohydrate Mediterranean diet improves cardiovascular risk factors and diabetes control among overweight patients with type 2 diabetes mellitus: a 1-year prospective randomized intervention study. Diabetes Obes Metab. 2010 Mar;12(3):204-9. PubMed PMID: 20151996. | All subjects diagnosed with type 2 diabetes |
| **61.** | Erlinger TP, Miller ER 3rd, Charleston J, Appel LJ. Inflammation modifies the effects of a reduced-fat low-cholesterol diet on lipids: results from the DASH-sodium trial. Circulation. 2003 Jul 15;108(2):150-4. Epub 2003 Jul 7. PubMed PMID: 12847067. | Did not examine type 2 diabetes as the dependent variable; examined inflammation and blood lipids |
| **62.** | Esposito K, Ciotola M, Giugliano F, Schisano B, Autorino R, Iuliano S, Vietri MT, Cioffi M, De Sio M, Giugliano D. Mediterranean diet improves sexual function in women with the metabolic syndrome. Int J Impot Res. 2007 Sep-Oct;19(5):486-91. Epub 2007 Aug 2. PubMed PMID: 17673936. | Sample size <30 subjects per study arm |
| **63.** | Esposito K, Kastorini CM, Panagiotakos DB, Giugliano D. Prevention of type 2 diabetes by dietary patterns: a systematic review of prospective studies and meta-analysis. Metab Syndr Relat Disord. 2010 Dec;8(6):471-6. Epub 2010 Oct 19. Review. PubMed PMID: 20958207. | Systematic review/ meta-analysis |
| **64.** | Esposito K, Maiorino MI, Ceriello A, Giugliano D. Prevention and control of type 2 diabetes by Mediterranean diet: a systematic review. Diabetes Res Clin Pract. 2010 Aug;89(2):97-102. Epub 2010 May 23. Review. PubMed PMID: 20546959. | Systematic review/ meta-analysis |
| **65.** | Esposito K, Maiorino MI, Ciotola M, Di Palo C, Scognamiglio P, Gicchino M, Petrizzo M, Saccomanno F, Beneduce F, Ceriello A, Giugliano D. Effects of a Mediterranean-style diet on the need for antihyperglycemic drug therapy in patients with newly diagnosed type 2 diabetes: a randomized trial. Ann Intern Med. 2009 Sep 1;151(5):306-14. Erratum in: Ann Intern Med. 2009 Oct 20;151(8):591. PubMed PMID: 19721018. | All subjects diagnosed with type 2 diabetes |
| **66.** | Fargnoli J, Kim Y, Mantzoros CS. Mediterranean Diet in Disease Prevention: Current Perspectives. Nutrition and metabolism: underlying mechanisms and clinical consequencesNutrition and Health Series. 2009. 999 RIVERVIEW DR, STE 208, TOTOWA, NJ 07512-1165 USA. #volume#. #pages. 10.1007/978-1-60327-453-1_14:DOI# | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **67.** | Fargnoli JL, Fung TT, Olenczuk DM, Chamberland JP, Hu FB, Mantzoros CS. Adherence to healthy eating patterns is associated with higher circulating total and high-molecular-weight adiponectin and lower resistin concentrations in women from the Nurses' Health Study. Am J Clin Nutr. 2008 Nov;88(5):1213-24. PubMed PMID: 18996855. | Cross-sectional |
| **68.** | Farshchi HR, Taylor MA, Macdonald IA. Regular meal frequency creates more appropriate insulin sensitivity and lipid profiles compared with irregular meal frequency in healthy lean women. Eur J Clin Nutr. 2004 Jul;58(7):1071-7. PubMed PMID: 15220950. | Did not examine dietary patterns as defined for this project; examined meal frequency |
| **69.** | Ferreira SR, Gimeno SG, Hirai AT, Harima H, Matsumura L, Pittito Bde A. Effects of an intervention in eating habits and physical activity in Japanese-Brazilian women with a high prevalence of metabolic syndrome in Bauru, São Paulo State, Brazil. Cad Saude Publica. 2008;24 Suppl 2:S294-302. PubMed PMID: 18670709. | Before-After study |
| **70.** | Feskens EJ, Kromhout D. Habitual dietary intake and glucose tolerance in euglycaemic men: the Zutphen Study. Int J Epidemiol. 1990 Dec;19(4):953-9. PubMed PMID: 2084027. | Did not examine dietary patterns; examined individual foods and nutrients |
| **71.** | Feskens EJ, Virtanen SM, Räsänen L, Tuomilehto J, Stengård J, Pekkanen J, | Did not examine dietary |

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| | Nissinen A, Kromhout D. Dietary factors determining diabetes and impaired glucose tolerance. A 20-year follow-up of the Finnish and Dutch cohorts of the Seven Countries Study. Diabetes Care. 1995 Aug;18(8):1104-12. PMID: 7759744. | patterns; examined individual foods and nutrients |
| **72.** | Fitzgerald N, Damio G, Segura-Pérez S, Pérez-Escamilla R. Nutrition knowledge, food label use, and food intake patterns among Latinas with and without type 2 diabetes. J Am Diet Assoc. 2008 Jun;108(6):960-7. PubMed PMID: 18502226. | Case-control study |
| **73.** | Fogli-Cawley JJ, Dwyer JT, Saltzman E, McCullough ML, Troy LM, Meigs JB, Jacques PF. The 2005 Dietary Guidelines for Americans and risk of the metabolic syndrome. Am J Clin Nutr. 2007 Oct;86(4):1193-201. PMID: 17921402. | Cross-sectional study |
| **74.** | Folsom AR, Szklo M, Stevens J, Liao F, Smith R, Eckfeldt JH. A prospective study of coronary heart disease in relation to fasting insulin, glucose, and diabetes. The Atherosclerosis Risk in Communities (ARIC) Study. Diabetes Care. 1997 Jun;20(6):935-42. PubMed PMID: 9167103. | Did not examine dietary patterns; Examined the association between CHD and diabetes |
| **75.** | Fonseca MJ,Gaio R,Lopes C,Santos AC. Association between dietary patterns and metabolic syndrome in a sample of Portuguese adults. Nutr J. 2012. Institute of Public Health, University of Porto, Rua das Taipas n masculine 135, Porto 4050-600, Portugal. mjoaolfonseca@gmail.com. 11. 64. PMID: 22943133 DOI: 10.1186/1475-2891-11-64 | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **76.** | Fontana L, Meyer TE, Klein S, Holloszy JO. Long-term low-calorie low-protein vegan diet and endurance exercise are associated with low cardiometabolic risk. Rejuvenation Res. 2007 Jun;10(2):225-34. PubMed PMID: 17518696. | Cross-sectional study |
| **77.** | Ford ES, Mokdad AH. Fruit and vegetable consumption and diabetes mellitus incidence among U.S. adults. Prev Med. 2001 Jan;32(1):33-9. PubMed PMID: 11162324. | Did not examine dietary patterns; examined individual food groups |
| **78.** | Fraser A, Abel R, Lawlor DA, Fraser D, Elhayany A. A modified Mediterranean diet is associated with the greatest reduction in alanine aminotransferase levels in obese type 2 diabetes patients: results of a quasi-randomised controlled trial. Diabetologia. 2008 Sep;51(9):1616-22. Epub 2008 Jul 3. PubMed PMID: 18597068. | All subjects diagnosed with type 2 diabetes |
| **79.** | Fung TT, McCullough ML, Newby PK, Manson JE, Meigs JB, Rifai N, Willett WC, Hu FB. Diet-quality scores and plasma concentrations of markers of inflammation and endothelial dysfunction. Am J Clin Nutr. 2005 Jul;82(1):163-73. PubMed PMID: 16002815. | Cross-sectional study |
| **80.** | Gallagher A, Henderson W, Abraira C. Dietary patterns and metabolic control in diabetic diets: a prospective study of 51 outpatient men on unmeasured and exchange diets. J Am Coll Nutr. 1987 Dec;6(6):525-32. PubMed PMID: 3693756. | All subjects diagnosed with type 2 diabetes |
| **81.** | Gammon CS, Hurst PR, Kruger R, Stonehouse W, Brough L. Vegetarianism, vitamin B12 status and insulin resistance in South Asian women. Proceedings of the nutrition society of new zealand. 2008. Canterbury New Zealand. 33. 27-31. DOI:#DOI# | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **82.** | Gesteiro E, Rodríguez Bernal B, Bastida S, Sánchez-Muniz FJ. Maternal diets with low healthy eating index or mediterranean diet adherence scores are associated with high cord-blood insulin levels and insulin resistance markers at birth. Eur J Clin Nutr. 2012 Sep;66(9):1008-15. doi: 10.1038/ejcn.2012.92. Epub 2012 Jul 25. PubMed PMID: 22828732. | Subjects are pregnant women |
| **83.** | Gimeno SG, Andreoni S, Ferreira SR, Franco LJ, Cardoso MA. Assessing food dietary intakes in Japanese-Brazilians using factor analysis. Cad Saude Publica. 2010 Nov;26(11):2157-67. PubMed PMID: 21180989. | Cross-sectional study |
| **84.** | Goff LM, Bell JD, So PW, Dornhorst A, Frost GS. Veganism and its | Case-control study |

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| | relationship with insulin resistance and intramyocellular lipid. Eur J Clin Nutr. 2005 Feb;59(2):291-8. PubMed PMID: 15523486. | |
| **85.** | Gower BA, Goree LL, Chandler-Laney PC, Ellis AC, Casazza K, Granger WM. A higher-carbohydrate, lower-fat diet reduces fasting glucose concentration and improves β-cell function in individuals with impaired fasting glucose. Metabolism. 2012 Mar;61(3):358-65. Epub 2011 Sep 23. PubMed PMID: 21944267; PubMed Central PMCID: PMC3248972. | Did not examine dietary patterns as defined for this project; examined patterns derived from macronutrients |
| **86.** | Guevara-Cruz M, Tovar AR, Aguilar-Salinas CA, Medina-Vera I, Gil-Zenteno L, Hernández-Viveros I, López-Romero P, Ordaz-Nava G, Canizales-Quinteros S, Guillen Pineda LE, Torres N. A dietary pattern including nopal, chia seed, soy protein, and oat reduces serum triglycerides and glucose intolerance in patients with metabolic syndrome. J Nutr. 2012 Jan;142(1):64-9. Epub 2011 Nov 16. PubMed PMID: 22090467. | Did not examine dietary patterns as defined for this project |
| **87.** | Haffner SM, Stern MP, Mitchell BD, Hazuda HP, Patterson JK. Incidence of type II diabetes in Mexican Americans predicted by fasting insulin and glucose levels, obesity, and body-fat distribution. Diabetes. 1990 Mar;39(3):283-8. PubMed PMID: 2407581. | Did not include any assessment of dietary patterns |
| **88.** | Hagura R. Diabetes mellitus and life-style - for the primary prevention of diabetes mellitus: the role of diet. British Journal of Nutrition. 2000. #author address#. 84. #pages. 10.1079/096582197388671:DOI# | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **89.** | Hall WD, Feng Z, George VA, Lewis CE, Oberman A, Huber M, Fouad M, Cutler JA; Women's Health Trial: Feasibility Study in Minority Populations. Low-fat diet: effect on anthropometrics, blood pressure, glucose, and insulin in older women. Ethn Dis. 2003 Summer;13(3):337-43. PubMed PMID: 12894958. | Did not examine dietary patterns as defined for this project; examined patterns derived from macronutrients |
| **90.** | Halton TL, Liu S, Manson JE, Hu FB. Low-carbohydrate-diet score and risk of type 2 diabetes in women. Am J Clin Nutr. 2008 Feb;87(2):339-46. PubMed PMID: 18258623; PubMed Central PMCID: PMC2760285. | Did not examine dietary patterns as defined for this project; examined patterns derived from macronutrients |
| **91.** | Hamada A, Mori M, Mori H, Muhihi A, Njelekela M, Masesa Z, Mtabaji J, Yamori Y. Deterioration of traditional dietary custom increases the risk of lifestyle-related diseases in young male Africans. J Biomed Sci. 2010 Aug 24;17 Suppl 1:S34. PubMed PMID: 20804610; PubMed Central PMCID: PMC2994379. | Study subjects from Tanzania |
| **92.** | Hasegawa T, Oshima M. Serum fatty acid composition as a marker of eating habits in normal and diabetic subjects. Diabetes Res Clin Pract. 1999 Nov;46(2):115-20. PubMed PMID: 10724089. | Cross-sectional study |
| **93.** | Haynes RB, Kris-Etherton P, McCarron DA, Oparil S, Chait A, Resnick LM, Morris CD, Clark S, Hatton DC, Metz JA, McMahon M, Holcomb S, Snyder GW, Pi-Sunyer FX, Stern JS. Nutritionally complete prepared meal plan to reduce cardiovascular risk factors: a randomized clinical trial. J Am Diet Assoc. 1999 Sep;99(9):1077-83. PubMed PMID: 10491676. | Unhealthy population - all subjects had either hypertension, dyslipidemia, type 2 diabetes, or a combination of these. |
| **94.** | He Y, Ma G, Zhai F, Li Y, Hu Y, Feskens EJ, Yang X. Dietary patterns and glucose tolerance abnormalities in Chinese adults. Diabetes Care. 2009 Nov;32(11):1972-6. Epub 2009 Aug 12. PubMed PMID: 19675202; PubMed Central PMCID: PMC2768212. | Cross-sectional study |
| **95.** | He YN, Feskens E, Li YP, Zhang J, Fu P, Ma GS, Yang XG. Association between high fat-low carbohydrate diet score and newly diagnosed type 2 diabetes in Chinese population. Biomed Environ Sci. 2012 Aug;25(4):373-82. doi: 10.3967/0895-3988.2012.04.001. PubMed PMID: 23026516. | Study subjects from China |
| **96.** | Heald AH, Cade JE, Cruickshank JK, Anderson S, White A, Gibson JM. The influence of dietary intake on the insulin-like growth factor (IGF) system | Cross-sectional study |

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| | across three ethnic groups: a population-based study. Public Health Nutr. 2003 Apr;6(2):175-80. PubMed PMID: 12675960. | |
| **97.** | Heidemann C, Hoffmann K, Spranger J, Klipstein-Grobusch K, Möhlig M, Pfeiffer AF, Boeing H; European Prospective Investigation into Cancer and Nutrition (EPIC)--Potsdam Study Cohort. A dietary pattern protective against type 2 diabetes in the European Prospective Investigation into Cancer and Nutrition (EPIC)--Potsdam Study cohort. Diabetologia. 2005 Jun;48(6):1126-34. Epub 2005 May 12. PubMed PMID: 15889235. | Case-control study |
| **98.** | Helmer C, Bricout H, Gin H, Barberger-Gateau P. Macronutrient intake and discrepancy with nutritional recommendations in a group of elderly diabetic subjects. Br J Nutr. 2008 Mar;99(3):632-8. Epub 2007 Aug 29. PubMed PMID: 17761016; PubMed Central PMCID: PMC3305467. | Cross-sectional study |
| **99.** | Hlebowicz J, Persson M, Gullberg B, Sonestedt E, Wallström P, Drake I, Nilsson J, Hedblad B, Wirfält E. Food patterns, inflammation markers and incidence of cardiovascular disease: the Malmö Diet and Cancer study. J Intern Med. 2011 Oct;270(4):365-76. doi: 10.1111/j.1365-2796.2011.02382.x. Epub 2011 May 4. PubMed PMID: 21443679. | Did not assess any type 2 diabetes outcomes of interest |
| **100.** | Hodge AM, English DR, Itsiopoulos C, O'Dea K, Giles GG. Does a Mediterranean diet reduce the mortality risk associated with diabetes: evidence from the Melbourne Collaborative Cohort Study. Nutr Metab Cardiovasc Dis. 2011 Sep;21(9):733-9. Epub 2010 Dec 30. PubMed PMID: 21194913. | Subjects diagnosed with type 2 diabetes |
| **101.** | Holbrook TL, Barrett-Connor E, Wingard DL. The association of lifetime weight and weight control patterns with diabetes among men and women in an adult community. Int J Obes. 1989;13(5):723-9. PubMed PMID: 2583926. | Cross-sectional study |
| **102.** | Hong S, Song Y, Lee KH, Lee HS, Lee M, Jee SH, Joung H. A fruit and dairy dietary pattern is associated with a reduced risk of metabolic syndrome. Metabolism. 2012 Jun;61(6):883-90. Epub 2011 Dec 28. PubMed PMID: 22209672. | Cross-sectional study |
| **103.** | Hua NW, Stoohs RA, Facchini FS. Low iron status and enhanced insulin sensitivity in lacto-ovo vegetarians. Br J Nutr. 2001 Oct;86(4):515-9. PMID: 11591239. | Cross-sectional study |
| **104.** | Huffman FG, De La Cera M, Vaccaro JA, Zarini GG, Exebio J, Gundupalli D, Shaban L. Healthy Eating Index and Alternate Healthy Eating Index among Haitian Americans and African Americans with and without Type 2 Diabetes. J Nutr Metab. 2011;2011:398324. Epub 2011 Dec 8. PubMed PMID: 22187639; PubMed Central PMCID: PMC3236495. | Cross-sectional study |
| **105.** | Hung CJ, Huang PC, Li YH, Lu SC, Ho LT, Chou HF. Taiwanese vegetarians have higher insulin sensitivity than omnivores. Br J Nutr. 2006 Jan;95(1):129-35. PubMed PMID: 16441925. | Study subjects from Taiwan |
| **106.** | Hwang YJ, Park BK, Park S, Kim SH. A Comparative Study of Eating Habits and Food Intake in Women with Gestational Diabetes according to Early Postpartum Glucose Tolerance Status. Diabetes Metab J. 2011 Aug;35(4):354-63. Epub 2011 Aug 31. PubMed PMID: 21977455; PubMed Central PMCID: PMC3178696. | Cross-sectional study |
| **107.** | Iimuro S, Yoshimura Y, Umegaki H, Sakurai T, Araki A, Ohashi Y, Iijima K, Ito H; Japanese Elderly Diabetes Intervention Trial Study Group. Dietary pattern and mortality in Japanese elderly patients with type 2 diabetes mellitus: does a vegetable- and fish-rich diet improve mortality? An explanatory study. Geriatr Gerontol Int. 2012 Apr;12 Suppl 1:59-67. doi: 10.1111/j.1447-0594.2011.00813.x. PubMed PMID: 22435941. | Study subjects diagnosed with type 2 diabetes |
| **108.** | InterAct Consortium, Romaguera D, Guevara M, Norat T, Lagenberg C, Forouhi NG, Sharp S, Slimani N, Schulze MB, Buijsse B, Buckland G, Molina-Montes E, Sánchez MJ, Moreno-Iribas MC, Bendinelli B, Grioni S, | Case-cohort study |

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| | van der Schouw YT, Arriola L, Beulens JW, Boeing H, Clavel-Chapelon F, Cottet V, Crowe FL, de Lauzon-Guillan B, Franks PW, Gonzalez C, Hallmans G, Kaaks R, Key TJ, Khaw K, Nilsson P, Overvad K, Palla L, Palli D, Panico S, Quirós JR, Rolandsson O, Romieu I, Sacerdote C, Spijkerman AM, Teucher B, Tjonneland A, Tormo MJ, Tumino R, van der AD, Feskens EJ, Riboli E, Wareham NJ. Mediterranean diet and type 2 diabetes risk in the European Prospective Investigation into Cancer and Nutrition (EPIC) study: the InterAct project. Diabetes Care. 2011 Sep;34(9):1913-8. Epub 2011 Jul 25. PubMed PMID: 21788627; PubMed Central PMCID: PMC3161259. | |
| **109.** | Itsiopoulos C, Brazionis L, Kaimakamis M, Cameron M, Best JD, O'Dea K, Rowley K. Can the Mediterranean diet lower HbA1c in type 2 diabetes? Results from a randomized cross-over study. Nutr Metab Cardiovasc Dis. 2011 Sep;21(9):740-7. Epub 2010 Jul 31. PubMed PMID: 20674309. | Sample size <30 subjects per study arm |
| **110.** | Jarvandi S, Gougeon R, Bader A, Dasgupta K. Differences in food intake among obese and nonobese women and men with type 2 diabetes. J Am Coll Nutr. 2011 Aug;30(4):225-32. PubMed PMID: 21917702. | Subjects diagnosed with type 2 diabetes |
| **111.** | Jenkins DJ, Kendall, CW Marchie A, Jenkins AL, Augustin LS, Ludwig DS, Barnard ND, Anderson JW. Type 2 diabetes and the vegetarian diet. American Journal of Clinical Nutrition. 2003. #author address#. 78. #pages#. DOI:#DOI# | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **112.** | Jenkins DJ, Wong JM, Kendall CW, Esfahani A, Ng VW, Leong TC, Faulkner DA, Vidgen E, Greaves KA, Paul G, Singer W. The effect of a plant-based low-carbohydrate ("Eco-Atkins") diet on body weight and blood lipid concentrations in hyperlipidemic subjects. Arch Intern Med. 2009 Jun 8;169(11):1046-54. Erratum in: Arch Intern Med. 2009 Sep 14;169(16):1490. PubMed PMID: 19506174. | Sample size <30 subjects per study arm |
| **113.** | Jeppesen C, Bjerregaard P, Jorgensen ME. Dietary patterns in Greenland and their relationship with type 2 diabetes mellitus and glucose intolerance. Public Health Nutr. 2013. 1 The National Institute of Public Health, University of Southern Denmark, Oster Farimagsgade 5A, 2nd floor, 1353 Copenhagen K, Denmark.. #volume#. 1-9. PMID: 23399043 DOI: 10.1017/s136898001300013x | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **114.** | Jimenez MM, Receveur O, Trifonopoulos M, Kuhnlein H, Paradis G, Macaulay AC. Comparison of the dietary intakes of two different groups of children (grades 4 to 6) before and after the Kahnawake Schools Diabetes Prevention Project. J Am Diet Assoc. 2003 Sep;103(9):1191-4. PubMed PMID: 12963951. | Did not examine dietary patterns; examined individual nutrients and foods |
| **115.** | Jimenez-Cruz A, Turnbull WH, Bacardi-Gascon M, Rosales-Garay P. A high-fiber, moderate-glycemic-index, Mexican style diet improves dyslipidemia in individuals with type 2 diabetes. Nutrition Research. 2004. #author address#. #volume#. 19-27. DOI:#DOI# | Insufficient sample size (less than 30 subjects per study arm) |
| **116.** | Johnson GH, Fritsche K. Effect of dietary linoleic acid on markers of inflammation in healthy persons: a systematic review of randomized controlled trials. J Acad Nutr Diet. 2012 Jul;112(7):1029-41, 1041.e1-15. doi: 10.1016/j.jand.2012.03.029. Review. PubMed PMID: 22889633. | Systematic review |
| **117.** | Jones JL, Comperatore M, Barona J, Calle MC, Andersen C, McIntosh M, Najm W, Lerman RH, Fernandez ML. A Mediterranean-style, low-glycemic-load diet decreases atherogenic lipoproteins and reduces lipoprotein (a) and oxidized low-density lipoprotein in women with metabolic syndrome. Metabolism. 2012 Mar;61(3):366-72. Epub 2011 Sep 23. PubMed PMID: 21944261. | Did not examine dietary patterns; examined the effects of a “medical food” |
| **118.** | Jönsson T, Granfeldt Y, Ahrén B, Branell UC, Pålsson G, Hansson A, Söderström M, Lindeberg S. Beneficial effects of a Paleolithic diet on | Subjects diagnosed with type 2 diabetes |

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| | cardiovascular risk factors in type 2 diabetes: a randomized cross-over pilot study. Cardiovasc Diabetol. 2009 Jul 16;8:35. PubMed PMID: 19604407; PubMed Central PMCID: PMC2724493. | |
| **119.** | Juang SJ, Peng LN, Lin MH, Lai HY, Hwang SJ, Chen LK, Chiou ST. Metabolic characteristics of breakfast-vegetarian (BV) elderly people in rural Taiwan. Arch Gerontol Geriatr. 2010 Jan-Feb;50(1):20-3. Epub 2009 Feb 12. PubMed PMID: 19217171. | Cross-sectional study |
| **120.** | Julia C, Vernay M, Salanave B, Deschamps V, Malon A, Oleko A, Hercberg S, Castetbon K. Nutrition patterns and metabolic syndrome: a need for action in young adults (French Nutrition and Health Survey - ENNS, 2006-2007). Prev Med. 2010 Dec;51(6):488-93. Epub 2010 Sep 24. PubMed PMID: 20869985. | Cross-sectional study |
| **121.** | Kahleova H, Hrachovinova T, Hill M, Pelikanova T. Vegetarian diet in type 2 diabetes--improvement in quality of life, mood and eating behaviour. Diabetic Medicine. 2013. #author address#. 30. 127-9. PMID: 23050853 DOI: 10.1111/dme.12032 | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **122.** | Kahleova H, Matoulek M, Malinska H, Oliyarnik O, Kazdova L, Neskudla T, Skoch A, Hajek M, Hill M, Kahle M, Pelikanova T. Vegetarian diet improves insulin resistance and oxidative stress markers more than conventional diet in subjects with Type 2 diabetes. Diabet Med. 2011 May;28(5):549-59. doi: 10.1111/j.1464-5491.2010.03209.x. PubMed PMID: 21480966; PubMed Central PMCID: PMC3427880. | Subjects diagnosed with type 2 diabetes |
| **123.** | Kahleova H,Matoulek M,Bratova M,Malinska H,Kazdova L,Hill M,Pelikanova T. Vegetarian diet-induced increase in linoleic acid in serum phospholipids is associated with improved insulin sensitivity in subjects with type 2 diabetes. Nutr Diabetes. 2013. Diabetes Centre, Institute for Clinical and Experimental Medicine, Prague, Czech Republic. 3. e75. PMID: 23775014 DOI: 10.1038/nutd.2013.12 | Not a healthy population (all subjects have type 2 diabetes, glucose intolerance, insulin resistance, or any other disease; or are hospitalized or malnourished) |
| **124.** | Kant AK, Graubard BI. A comparison of three dietary pattern indices for predicting biomarkers of diet and disease. J Am Coll Nutr. 2005. Clearwater USA. 24. 294-303. DOI:#DOI# | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **125.** | Karantonis HC, Fragopoulou E, Antonopoulou S, Rementzis J, Phenekos C, Demopoulos CA. Effect of fast-food Mediterranean-type diet on type 2 diabetics and healthy human subjects' platelet aggregation. Diabetes Res Clin Pract. 2006 Apr;72(1):33-41. Epub 2005 Oct 19. PubMed PMID: 16236380. | Sample size <30 subjects per study arm |
| **126.** | Karlström B, Nydahl M, Vessby B. Dietary habits and effects of dietary advice in patients with type 2 diabetes. Results from a one-year intervention study. Eur J Clin Nutr. 1989 Jan;43(1):59-68. PubMed PMID: 2543554. | Subjects diagnosed with type 2 diabetes |
| **127.** | Kastorini CM, Panagiotakos DB. Dietary patterns and prevention of type 2 diabetes: from research to clinical practice; a systematic review. Curr Diabetes Rev. 2009 Nov;5(4):221-7. Review. PubMed PMID: 19531025. | Systematic review |
| **128.** | Kastorini CM, Panagiotakos DB. Mediterranean diet and diabetes prevention: Myth or fact? World J Diabetes. 2010 Jul 15;1(3):65-7. PubMed PMID: 21537429; PubMed Central PMCID: PMC3083888. | Narrative review |
| **129.** | Kastorini CM, Polychronopoulos E, Panagiotakos DB. An update on the implications of dietary patterns on diabetes incidence. Agro food industry hi-tech. 2009. #author address#. 20. #pages#. DOI:#DOI# | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **130.** | Katsilambros NL, Zampelas A, Matalas AL, Stavrinos V, Wolinsky I. | Excluded study design |

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| | Diabetes mellitus, obesity, and the Mediterranean Diet. The mediterranean diet: constituents and health promotion. 2001. Boca Raton USA. #volume#. 225-242. DOI:#DOI# | (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **131.** | Kesse-Guyot E, Fezeu L, Galan P, Hercberg S, Czernichow S, Castetbon K. Adherence to French nutritional guidelines is associated with lower risk of metabolic syndrome. J Nutr. 2011 Jun;141(6):1134-9. Epub 2011 Apr 13. PubMed PMID: 21490288. | Examined incidence of MetS; did not report results alone for type 2 diabetes outcomes of interest |
| **132.** | Key TJ, Appleby PN, Sabate J. Vegetarianism, coronary risk factors and coronary heart disease. Vegetarian nutrition. 2001. Boca Raton USA. #volume#. 33-54. DOI:#DOI# | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **133.** | Kilkus JM, Booth JN, Bromley LE, Darukhanavala AP, Imperial JG, Penev PD. Sleep and eating behavior in adults at risk for type 2 diabetes. Obesity (Silver Spring). 2012 Jan;20(1):112-7. doi: 10.1038/oby.2011.319. Epub 2011 Oct 13. PubMed PMID: 21996663; PubMed Central PMCID: PMC3245813. | Did not examine dietary patterns as defined for this project |
| **134.** | Kim H, Song HJ, Han HR, Kim KB, Kim MT. Translation and Validation of the Dietary Approaches to Stop Hypertension for Koreans Intervention: Culturally Tailored Dietary Guidelines for Korean Americans With High Blood Pressure. J Cardiovasc Nurs. 2012 Sep 7. [Epub ahead of print] PubMed PMID: 22964589. | Before and after study |
| **135.** | Kim J,Cho Y,Park Y,Sohn C,Rha M,Lee MK,Jang HC. Association of dietary quality indices with glycemic status in korean patients with type 2 diabetes. Clin Nutr Res. 2013. Department of Dietetics, Samsung Medical Center, Seoul 135-710, Korea.. 2. 100-6. PMID: 23908976 DOI: 10.7762/cnr.2013.2.2.100 | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **136.** | Kimokoti RW, Gona P, Zhu L, Newby PK, Millen BE, Brown LS, D'Agostino RB, Fung TT. Dietary patterns of women are associated with incident abdominal obesity but not metabolic syndrome. J Nutr. 2012. Department of Nutrition, Simmons College, Boston, MA, USA. ruth.kimokoti@simmons.edu. 142. #pages. 10.3945/jn.112.162479:DOI# | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **137.** | King H, Zimmet P, Pargeter K, Raper LR, Collins V. Ethnic differences in susceptibility to non-insulin-dependent diabetes. A comparative study of two urbanized Micronesian populations. Diabetes. 1984 Oct;33(10):1002-7. PubMed PMID: 6479458. | Subjects from Micronesia |
| **138.** | Kodama H. Dietary habits that protect children from lifestyle-related diseases: from the perspective of dietary education. Jmaj - japan medical association journal. 2008. Tokyo Japan. 51. 303-309. DOI:#DOI# | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **139.** | Krishnan S, Rosenberg L, Singer M, Hu FB, Djoussé L, Cupples LA, Palmer JR. Glycemic index, glycemic load, and cereal fiber intake and risk of type 2 diabetes in US black women. Arch Intern Med. 2007 Nov 26;167(21):2304-9. PubMed PMID: 18039988. | Did not examine dietary patterns; examined glycemic index/load |
| **140.** | Kuo CS, Lai NS, Ho LT, Lin CL. Insulin sensitivity in Chinese ovo-lactovegetarians compared with omnivores. Eur J Clin Nutr. 2004 Feb;58(2):312-6. PubMed PMID: 14749752. | Subjects from China |
| **141.** | Kuroki Y, Kanauchi K, Kanauchi M. Adherence index to the American Heart Association Diet and Lifestyle Recommendation is associated with the metabolic syndrome in Japanese male workers. Eur J Intern Med. 2012. Department of Health and Nutrition, Faculty of Health Science, Kio University, Japan.. 23. e199-203. PMID: 22951435 DOI: | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |

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| | 10.1016/j.ejim.2012.08.002 | |
| **142.** | Lako JV, Nguyen VC. Dietary patterns and risk factors of diabetes mellitus among urban indigenous women in Fiji. Asia Pac J Clin Nutr. 2001;10(3):188-93. PubMed PMID: 11708306. | Study subjects from Fiji |
| **143.** | Larsson H, Elmståhl S, Berglund G, Ahrén B. Habitual dietary intake versus glucose tolerance, insulin sensitivity and insulin secretion in postmenopausal women. J Intern Med. 1999 Jun;245(6):581-91. PubMed PMID: 10395187. | Cross-sectional study |
| **144.** | Li TY, Brennan AM, Wedick NM, Mantzoros C, Rifai N, Hu FB. Regular consumption of nuts is associated with a lower risk of cardiovascular disease in women with type 2 diabetes. J Nutr. 2009 Jul;139(7):1333-8. Epub 2009 May 6. PubMed PMID: 19420347; PubMed Central PMCID: PMC2696988. | Subjects diagnosed with type 2 diabetes |
| **145.** | Liese AD, Bortsov A, Günther AL, Dabelea D, Reynolds K, Standiford DA, Liu L, Williams DE, Mayer-Davis EJ, D'Agostino RB Jr, Bell R, Marcovina S. Association of DASH diet with cardiovascular risk factors in youth with diabetes mellitus: the SEARCH for Diabetes in Youth study. Circulation. 2011 Apr 5;123(13):1410-7. Epub 2011 Mar 21. PubMed PMID: 21422385. | Subjects diagnosed with types 1 and 2 diabetes |
| **146.** | Liese AD, Nichols M, Hodo D, Mellen PB, Schulz M, Goff DC, D'Agostino RB. Food intake patterns associated with carotid artery atherosclerosis in the Insulin Resistance Atherosclerosis Study. Br J Nutr. 2010 May;103(10):1471-9. Epub 2010 Jan 22. PubMed PMID: 20092665. | Did not include dependent variables of interest; examined carotid artery measures |
| **147.** | Lim JH, Lee YS, Chang HC, Moon MK, Song Y. Association between dietary patterns and blood lipid profiles in Korean adults with type 2 diabetes. J Korean Med Sci. 2011 Sep;26(9):1201-8. Epub 2011 Sep 1. PubMed PMID: 21935277; PubMed Central PMCID: PMC3172659. | Cross-sectional study |
| **148.** | Lim JH, Paik HY, Lee YS, Song Y. Adherence to lifestyle recommendations is associated with improved glycemic control and improved blood lipid levels in Korean adults with type 2 diabetes. Diabetes Research and Clinical Practice. 2013. Song, Y., Major of Food and Nutrition, School of Human Ecology, The Catholic University of Korea, Gyeonggi-do. #volume#. #pages#. PMID: #accession number# DOI: #DOI# | Not a healthy population (all subjects have type 2 diabetes, glucose intolerance, insulin resistance, or any other disease; or are hospitalized or malnourished) |
| **149.** | Lin PH,Yeh WT,Svetkey LP,Chuang SY,Chang YC,Wang C,Pan WH. Dietary intakes consistent with the DASH dietary pattern reduce blood pressure increase with age and risk for stroke in a Chinese population. Asia Pac J Clin Nutr. 2013. Box 3487 DUMC, Durham, NC 27712, USA; National Health Research Institutes, 35 Keyan Rd., Zhunan, Miaoli 350, Taiwan. pao.hwa.lin@dm.duke.edu; panwh@nhri.org.tw. 22. 482-91. PMID: 23945400 DOI: 10.6133/apjcn.2013.22.3.05 | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **150.** | Lindeberg S, Jönsson T, Granfeldt Y, Borgstrand E, Soffman J, Sjöström K, Ahrén B. A Palaeolithic diet improves glucose tolerance more than a Mediterranean-like diet in individuals with ischaemic heart disease. Diabetologia. 2007 Sep;50(9):1795-807. Epub 2007 Jun 22. PubMed PMID: 17583796. | Sample size <30 subjects per study arm |
| **151.** | Lindquist CH, Gower BA, Goran MI. Role of dietary factors in ethnic differences in early risk of cardiovascular disease and type 2 diabetes. Am J Clin Nutr. 2000 Mar;71(3):725-32. PubMed PMID: 10702165. | Cross-sectional study |
| **152.** | Liu G, Coulston A, Hollenbeck C, Reaven G. The effect of sucrose content in high and low carbohydrate diets on plasma glucose, insulin, and lipid responses in hypertriglyceridemic humans. J Clin Endocrinol Metab. 1984 Oct;59(4):636-42. PubMed PMID: 6384250. | Sample size <30 subjects per study arm |
| **153.** | Liu S, Choi HK, Ford E, Song Y, Klevak A, Buring JE, Manson JE. A prospective study of dairy intake and the risk of type 2 diabetes in women. | Did not examine dietary patterns; examined intake of |

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| | Diabetes Care. 2006 Jul;29(7):1579-84. PubMed PMID: 16801582. | dairy foods and calcium |
| **154.** | Liu S, Serdula M, Janket SJ, Cook NR, Sesso HD, Willett WC, Manson JE, Buring JE. A prospective study of fruit and vegetable intake and the risk of type 2 diabetes in women. Diabetes Care. 2004 Dec;27(12):2993-6. PubMed PMID: 15562224. | Did not examine dietary patterns; examined intake of fruit/ vegetables |
| **155.** | Llaneza P, Gonzalez C, Fernandez-Iñarrea J, Alonso A, Diaz-Fernandez MJ, Arnott I, Ferrer-Barriendos J. Soy isoflavones, Mediterranean diet, and physical exercise in postmenopausal women with insulin resistance. Menopause. 2010 Mar;17(2):372-8. PubMed PMID: 20216276. | Did not examine dietary patterns; examined soy isoflavones |
| **156.** | Lopes HF, Martin KL, Nashar K, Morrow JD, Goodfriend TL, Egan BM. DASH diet lowers blood pressure and lipid-induced oxidative stress in obesity. Hypertension. 2003 Mar;41(3):422-30. Epub 2003 Feb 3. PubMed PMID: 12623938. | Sample size <30 subjects per study arm |
| **157.** | Lundgren H, Bengtsson C, Blohmé G, Isaksson B, Lapidus L, Lenner RA, Saaek A, Winther E. Dietary habits and incidence of noninsulin-dependent diabetes mellitus in a population study of women in Gothenburg, Sweden. Am J Clin Nutr. 1989 Apr;49(4):708-12. PubMed PMID: 2929491. | Did not examine dietary patterns; examined individual nutrients and dietary practices |
| **158.** | Lutsey PL, Steffen LM, Stevens J. Dietary intake and the development of the metabolic syndrome: the Atherosclerosis Risk in Communities study. Circulation. 2008 Feb 12;117(6):754-61. Epub 2008 Jan 22. PMID: 18212291. | Did not examine type 2 diabetes outcomes; examined incidence of metabolic syndrome |
| **159.** | Ma Y, Olendzki BC, Hafner AR, Chiriboga DE, Culver AL, Andersen VA, Merriam PA, Pagoto SL. Low-carbohydrate and high-fat intake among adult patients with poorly controlled type 2 diabetes mellitus. Nutrition. 2006 Nov-Dec;22(11-12):1129-36. Epub 2006 Oct 4. PubMed PMID: 17027229; PubMed Central PMCID: PMC2039705. | Subjects diagnosed with type 2 diabetes |
| **160.** | Maghsoudi Z, Azadbakht L. How dietary patterns could have a role in prevention, progression, or management of diabetes mellitus? Review on the current evidence. J Res Med Sci. 2012. Food Security Research Center, Isfahan University of Medical Sciences, Isfahan, Iran ; Department of Community Nutrition, School of Nutrition and Food Science, Isfahan University of Medical Sciences, Isfahan, Iran.. 17. 694-709. PMID: 23798934 DOI: #DOI# | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **161.** | Marchini JS, Fáccio JR, Rodrigues MM, Unamuno MR, Foss MC, Dutra-de-Oliveira JE. Effect of local diets with added sucrose on glycemic profiles of healthy and diabetic Brazilian subjects. J Am Coll Nutr. 1994 Dec;13(6):623-8. PubMed PMID: 7706597. | Sample size <30 subjects per study arm |
| **162.** | Matalas AL, Grivetti LE, Franti CE. Comparative study of diets and disease prevalence in Greek Chians part II Chian immigrants to Athens and to the United States. Ecology of food nutrition. 1999. #author address#. 38. 381-414. DOI:#DOI# | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **163.** | Mattei J, Hu FB, Campos H. A higher ratio of beans to white rice is associated with lower cardiometabolic risk factors in Costa Rican adults. Am J Clin Nutr. 2011 Sep;94(3):869-76. Epub 2011 Aug 3. PubMed PMID: 21813808; PubMed Central PMCID: PMC3155926. | Did not examine dietary patterns; examined ratio of beans to white rice |
| **164.** | Mattei J, Noel SE, Tucker KL. A meat, processed meat, and French fries dietary pattern is associated with high allostatic load in Puerto Rican older adults. J Am Diet Assoc. 2011 Oct;111(10):1498-506. PubMed PMID: 21963016; PubMed Central PMCID: PMC3185297. | Cross-sectional study |
| **165.** | Mayer-Davis EJ, Sparks KC, Hirst K, Costacou T, Lovejoy JC, Regensteiner JG, Hoskin MA, Kriska AM, Bray GA; Diabetes Prevention Program Research Group. Dietary intake in the diabetes prevention program cohort: baseline and 1-year post randomization. Ann Epidemiol. 2004 Nov;14(10):763-72. PubMed PMID: 15573453. | Did not examine the relationship between dietary patterns and type 2 diabetes outcomes; described the effects of a trial on changes in diet |

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| **166.** | McCarty MF. Vegan proteins may reduce risk of cancer, obesity, and cardiovascular disease by promoting increased glucagon activity. Med Hypotheses. 1999 Dec;53(6):459-85. PubMed PMID: 10687887. | Narrative review |
| **167.** | McEvoy CT, Temple N, Woodside JV. Vegetarian diets, low-meat diets and health: a review. Public Health Nutr. 2012. Centre for Public Health, Queen's University Belfast, Institute of Clinical Science B, Belfast, UK. c.mcevoy@qub.ac.uk. 15. 2287-94. PMID: 22717188 DOI: 10.1017/s1368980012000936 | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **168.** | McNaughton SA, Dunstan DW, Ball K, Shaw J, Crawford D. Dietary quality is associated with diabetes and cardio-metabolic risk factors. J Nutr. 2009 Apr;139(4):734-42. Epub 2009 Feb 11. PubMed PMID: 19211825. | Cross-sectional study |
| **169.** | Mediterranean diet and diabetes. Arbor clinical nutrition updates. 2009. Melbourne Australia. #volume#. #pages#. DOI:#DOI# | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **170.** | Meetoo D. Dietary pattern of self-care among Asian and Caucasian diabetic patients. Br J Nurs. 2004 Oct 14-27;13(18):1074-8. PubMed PMID: 15564992. | Case study |
| **171.** | Mekary RA, Giovannucci E, Willett WC, van Dam RM, Hu FB. Eating patterns and type 2 diabetes risk in men: breakfast omission, eating frequency, and snacking. Am J Clin Nutr. 2012 May;95(5):1182-9. Epub 2012 Mar 28. PubMed PMID: 22456660; PubMed Central PMCID: PMC3325839. | Did not examine dietary patterns as defined for this project; examined meal patterns |
| **172.** | Mekary RA,Giovannucci E,Cahill L,Willett WC,van Dam RM,Hu FB. Eating patterns and type 2 diabetes risk in older women: breakfast consumption and eating frequency. American Journal of Clinical Nutrition. 2013. Departments of Nutrition and Epidemiology, Harvard School of Public Health, Boston, MA; Massachusetts College of Pharmacy and Health Sciences University, Boston, MA.. 98. 436-43. PMID: 23761483 DOI: 10.3945/ajcn.112.057521 | Did not assess dietary patterns as defined for the project |
| **173.** | Merat S, Casanada F, Sutphin M, Palinski W, Reaven PD. Western-type diets induce insulin resistance and hyperinsulinemia in LDL receptor-deficient mice but do not increase aortic atherosclerosis compared with normoinsulinemic mice in which similar plasma cholesterol levels are achieved by a fructose-rich diet. Arteriosclerosis thrombosis and vascular biology. 1999. #author address#. 19. 1223-1230. DOI:#DOI# | Non-human subjects |
| **174.** | Metcalf PA, Scragg RR, Schaaf D, Dyall L, Black PN, Jackson R. Dietary intakes of European, Maori, Pacific and Asian adults living in Auckland: the Diabetes, Heart and Health Study. Australian and new zealand journal of public health. 2008. Oxford UK. 32. 454-460. DOI:#DOI# | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **175.** | Metcalf PA, Stevens J, Shimakawa T, Hutchinson RG, Schmidt M, Dennis BH, Davis CE, Heiss G. Comparison of diets of NIDDM and non-diabetic African Americans and whites: The atherosclerosis risk in communities study. Nutrition Research. 1998. Heiss, G., Department of Epidemiology, School of Public Health, University of North Carolina, Chapel Hill, NC 27599-7400, United States. 18. 447-456. DOI:#DOI# | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **176.** | Meyer KA, Kushi LH, Jacobs DR Jr, Folsom AR. Dietary fat and incidence of type 2 diabetes in older Iowa women. Diabetes Care. 2001 Sep;24(9):1528-35. PubMed PMID: 11522694. | Did not examine dietary patterns; examined individual nutrients and foods |
| **177.** | Michalsen A, Lehmann N, Pithan C, Knoblauch NT, Moebus S, Kannenberg F, Binder L, Budde T, Dobos GJ. Mediterranean diet has no effect on markers of inflammation and metabolic risk factors in patients with coronary artery disease. Eur J Clin Nutr. 2006 Apr;60(4):478-85. PubMed PMID: | Subjects diagnosed with coronary artery disease |

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| | 16306923. | |
| **178.** | Miller C, Warland R, Achterberg C. Food purchase decision-making typologies of women with non-insulin-dependent diabetes mellitus. Patient Educ Couns. 1997 Mar;30(3):271-81. PubMed PMID: 9104383. | Subjects diagnosed with type 2 diabetes |
| **179.** | Miller CK, Kristeller JL, Headings A, Nagaraja H. Comparison of a Mindful Eating Intevention to a Diabetes Self-Mangement Intevention Among Adults With Type 2 Diabetes: A Randomized Controlled Trial. Health Education and Behavior. 2013. 1Ohio State University, Columbus, OH, USA.. #volume#. #pages#. PMID: 23855018 DOI: 10.1177/1090198113493092 | Not a healthy population (all subjects have type 2 diabetes, glucose intolerance, insulin resistance, or any other disease; or are hospitalized or malnourished) |
| **180.** | Milne RM, Mann JI, Chisholm AW, Williams SM. Long-term comparison of three dietary prescriptions in the treatment of NIDDM. Diabetes Care. 1994 Jan;17(1):74-80. PubMed PMID: 8112194. | Subjects diagnosed with type 2 diabetes |
| **181.** | Mishra S, Xu J, Agarwal U, Gonzales J, Levin S,Barnard ND. A multicenter randomized controlled trial of a plant-based nutrition program to reduce body weight and cardiovascular risk in the corporate setting: The GEICO study. European Journal of Clinical Nutrition. 2013. Mishra, S., Clinical Research, Physicians Committee for Responsible Medicine, Washington, DC 20016, United States. 67. 718-724. PMID: #accession number# DOI: #DOI# | Follow-up rate < 80% |
| **182.** | Mizoue T, Yamaji T, Tabata S, Yamaguchi K, Ogawa S, Mineshita M, Kono S. Dietary patterns and glucose tolerance abnormalities in Japanese men. J Nutr. 2006 May;136(5):1352-8. PubMed PMID: 16614429. | Cross-sectional study |
| **183.** | Mohamed BA, Almajwal AM, Saeed AA, Bani IA. Dietary practices among patients with type 2 diabetes in Riyadh, Saudi Arabia. Journal of Food, Agriculture and Environment. 2013. Department of Community Health Sciences, College of Applied Medical Sciences, King Saud University, Riyadh 11375, Saudi Arabia. 11. 110-114. PMID: #accession number# DOI: #DOI# | Not a healthy population (all subjects have type 2 diabetes, glucose intolerance, insulin resistance, or any other disease; or are hospitalized or malnourished) |
| **184.** | Montonen J, Järvinen R, Heliövaara M, Reunanen A, Aromaa A, Knekt P. Food consumption and the incidence of type II diabetes mellitus. Eur J Clin Nutr. 2005 Mar;59(3):441-8. PubMed PMID: 15674312. | Did not examine dietary patterns as defined for this project; examined individual food groups |
| **185.** | Montonen J, Knekt P, Järvinen R, Aromaa A, Reunanen A. Whole-grain and fiber intake and the incidence of type 2 diabetes. Am J Clin Nutr. 2003 Mar;77(3):622-9. PubMed PMID: 12600852. | Did not examine dietary patterns; examined whole grain and fiber intake |
| **186.** | Morton S, Saydah S, Cleary SD. Consistency with the dietary approaches to stop hypertension diet among adults with diabetes. J Acad Nutr Diet. 2012 Nov;112(11):1798-805. doi: 10.1016/j.jand.2012.06.364. PubMed PMID: 23102178. | All subjects with self-reported diabetes |
| **187.** | Murata GH, Shah JH, Duckworth WC, Wendel CS, Mohler MJ, Hoffman RM. Food frequency questionnaire results correlate with metabolic control in insulin-treated veterans with type 2 diabetes: the Diabetes Outcomes in Veterans Study. J Am Diet Assoc. 2004 Dec;104(12):1816-26. PubMed PMID: 15565075. | Subjects diagnosed with type 2 diabetes |
| **188.** | Musso G, Gambino R, De Michieli F, Cassader M, Rizzetto M, Durazzo M, Fagà E, Silli B, Pagano G. Dietary habits and their relations to insulin resistance and postprandial lipemia in nonalcoholic steatohepatitis. Hepatology. 2003 Apr;37(4):909-16. PubMed PMID: 12668986. | Subjects diagnosed with NASH |
| **189.** | Nafar M, Noori N, Jalali-Farahani S, Hosseinpanah F, Poorrezagholi F, Ahmadpoor P, Samadian F, Firouzan A, Einollahi B. Mediterranean diets are associated with a lower incidence of metabolic syndrome one year following renal transplantation. Kidney Int. 2009 Dec;76(11):1199-206. Epub 2009 Sep 9. PubMed PMID: 19741589. | Subjects all had renal transplants |

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| **190.** | Naja F, Hwalla N, Itani L, Salem M, Azar ST, Zeidan MN, Nasreddine L. Dietary patterns and odds of Type 2 diabetes in Beirut, Lebanon: a case-control study. Nutr Metab (Lond). 2012 Dec 27;9(1):111. doi: 10.1186/1743-7075-9-111. PubMed PMID: 23270372; PubMed Central PMCID: PMC3565896. | Case-control |
| **191.** | Naja F,Nasreddine L,Itani L,Adra N,Sibai AM,Hwalla N. Association between dietary patterns and the risk of metabolic syndrome among Lebanese adults. European Journal of Nutrition. 2013. Department of Nutrition and Food Sciences, Faculty of Agricultural and Food Sciences, American University of Beirut, Riad El-Solh, P.O.Box 11-0236, Beirut, 1107-2020, Lebanon.. 52. 97-105. PMID: 22193708 DOI: 10.1007/s00394-011-0291-3 | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **192.** | Nakanishi S, Okubo M, Yoneda M, Jitsuiki K, Yamane K, Kohno N. A comparison between Japanese-Americans living in Hawaii and Los Angeles and native Japanese: the impact of lifestyle westernization on diabetes mellitus. Biomed Pharmacother. 2004 Dec;58(10):571-7. PubMed PMID: 15589065. | Cross-sectional study |
| **193.** | Nanri A, Mizoue T, Yoshida D, Takahashi R, Takayanagi R. Dietary patterns and A1C in Japanese men and women. Diabetes Care. 2008 Aug;31(8):1568-73. Epub 2008 Apr 28. PubMed PMID: 18443193; PubMed Central PMCID: PMC2494650. | Cross-sectional study |
| **194.** | Nettleton JA, Hivert MF, Lemaitre RN, McKeown NM, Mozaffarian D, Tanaka T, Wojczynski MK, Hruby A, Djoussé L, Ngwa JS, Follis JL, Dimitriou M, Ganna A, Houston DK, Kanoni S, Mikkilä V, Manichaikul A, Ntalla I, Renström F, Sonestedt E, van Rooij FJ, Bandinelli S, de Koning L, Ericson U, Hassanali N, Kiefte-de Jong JC, Lohman KK, Raitakari O, Papoutsakis C, Sjogren P, Stirrups K, Ax E, Deloukas P, Groves CJ, Jacques PF, Johansson I, Liu Y, McCarthy MI, North K, Viikari J, Zillikens MC, Dupuis J, Hofman A, Kolovou G, Mukamal K, Prokopenko I, Rolandsson O, Seppälä I, Cupples LA, Hu FB, Kähönen M, Uitterlinden AG, Borecki IB, Ferrucci L, Jacobs DR Jr, Kritchevsky SB, Orho-Melander M, Pankow JS, Lehtimäki T, Witteman JC, Ingelsson E, Siscovick DS, Dedoussis G, Meigs JB, Franks PW. Meta-analysis investigating associations between healthy diet and fasting glucose and insulin levels and modification by Loci associated with glucose homeostasis in data from 15 cohorts. Am J Epidemiol. 2013 Jan 15;177(2):103-15. doi: 10.1093/aje/kws297. Epub 2012 Dec 19. PubMed PMID: 23255780. | Meta-analysis |
| **195.** | Nettleton JA, Steffen LM, Mayer-Davis EJ, Jenny NS, Jiang R, Herrington DM, Jacobs DR Jr. Dietary patterns are associated with biochemical markers of inflammation and endothelial activation in the Multi-Ethnic Study of Atherosclerosis (MESA). Am J Clin Nutr. 2006 Jun;83(6):1369-79. PubMed PMID: 16762949; PubMed Central PMCID: PMC2933059. | Did not examine type 2 diabetes outcomes of interest; examined markers of inflammation |
| **196.** | Neuhouser ML,Howard B,Lu J,Tinker LF,Van Horn L,Caan B,Rohan T,Stefanick ML,Thomson CA. A low-fat dietary pattern and risk of metabolic syndrome in postmenopausal women: the Women's Health Initiative. Metabolism: Clinical and Experimental. 2012. Division of Public Health Sciences, Fred Hutchinson Cancer Research Center, Seattle, WA 98109-1024, USA. mneuhous@fhcrc.org. 61. 1572-81. PMID: 22633601 DOI: 10.1016/j.metabol.2012.04.007 | Did not examine outcomes of interest: Type 2 diabetes, glucose intolerance, or insulin resistance |
| **197.** | Nicholson AS, Sklar M, Barnard ND, Gore S, Sullivan R, Browning S. Toward improved management of NIDDM: A randomized, controlled, pilot intervention using a lowfat, vegetarian diet. Prev Med. 1999 Aug;29(2):87-91. PubMed PMID: 10446033. | Subjects diagnosed with type 2 diabetes |

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| **198.** | Nicholson AS. Effect of a low-fat, unrefined, vegan diet on type 2 diabetes. American Journal of Clinical Nutrition. 1999. #author address#. #volume#. 624s-625s. DOI:#DOI# | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **199.** | Noel SE, Newby PK, Ordovas JM, Tucker KL. A traditional rice and beans pattern is associated with metabolic syndrome in Puerto Rican older adults. J Nutr. 2009 Jul;139(7):1360-7. Epub 2009 May 20. PubMed PMID: 19458029; PubMed Central PMCID: PMC2696989. | Cross-sectional study |
| **200.** | Nöthlings U, Boeing H, Maskarinec G, Sluik D, Teucher B, Kaaks R, Tjønneland A, Halkjaer J, Dethlefsen C, Overvad K, Amiano P, Toledo E, Bendinelli B, Grioni S, Tumino R, Sacerdote C, Mattiello A, Beulens JW, Iestra JA, Spijkerman AM, van der A DL, Nilsson P, Sonestedt E, Rolandsson O, Franks PW, Vergnaud AC, Romaguera D, Norat T, Kolonel LN. Food intake of individuals with and without diabetes across different countries and ethnic groups. Eur J Clin Nutr. 2011 May;65(5):635-41. Epub 2011 Feb 23. PubMed PMID: 21346715; PubMed Central PMCID: PMC3131204. | Cross-sectional study |
| **201.** | Noto D, Barbagallo CM, Cefalù AB, Falletta A, Sapienza M, Cavera G, Amato S, Pagano M, Maggiore M, Carroccio A, Notarbartolo A, Averna MR. The metabolic syndrome predicts cardiovascular events in subjects with normal fasting glucose: results of a 15 years follow-up in a Mediterranean population. Atherosclerosis. 2008 Mar;197(1):147-53. Epub 2007 Apr 26. PubMed PMID: 17466306. | Did not examine dietary patterns; examined the relationship between metabolic syndrome and CVD |
| **202.** | Odegaard AO, Koh WP, Butler LM, Duval S, Gross MD, Yu MC, Yuan JM, Pereira MA. Dietary patterns and incident type 2 diabetes in chinese men and women: the singapore chinese health study. Diabetes Care. 2011 Apr;34(4):880-5. Epub 2011 Feb 17. PubMed PMID: 21330641; PubMed Central PMCID: PMC3064045. | Subjects from China |
| **203.** | Ortega E,Franch J,Castell C,Goday A,Ribas-Barba L,Soriguer F,Vendrell J,Casamitjana R,Bosch-Comas A,Bordiu E,Calle-Pascual A,Carmena R,Castano L,Catala M,Delgado E,Gaztambide S,Girbes J,Lopez-Alba A,Martinez-Larrad MT,Menendez E,Mora-Peces I,Pascual-Manich G,Rojo-Martinez G,Serrano-Rios M,Urrutia I,Valdes S,Vazquez JA,Gomis R. Mediterranean Diet Adherence in Individuals with Prediabetes and Unknown Diabetes: The Di@bet.es Study. Annals of Nutrition and Metabolism. 2013. Centro de Investigacion Biomedica en Red de Diabetes y Enfermedades Metabolicas Asociadas (CIBERDEM), Barcelona, Spain. 62. 339-46. PMID: 23838479 DOI: 10.1159/000346553 | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **204.** | Ortega-Azorin C,Sorli JV,Asensio EM,Coltell O,Martinez-Gonzalez MA,Salas-Salvado J,Covas MI,Aros F,Lapetra J,Serra-Majem L,Gomez-Gracia E,Fiol M,Saez-Tormo G,Pinto X,Munoz MA,Ros E,Ordovas JM,Estruch R,Corella D. Associations of the FTO rs9939609 and the MC4R rs17782313 polymorphisms with type 2 diabetes are modulated by diet, being higher when adherence to the Mediterranean diet pattern is low. Cardiovasc Diabetol. 2012. Department of Preventive Medicine and Public Health, School of Medicine, University of Valencia, Valencia, Spain.. 11. 137. PMID: 23130628 DOI: 10.1186/1475-2840-11-137 | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **205.** | Oude Griep LM, Wang H, Chan Q. Empirically-derived dietary patterns, diet quality scores, and markers of inflammation and endothelial dysfunction. Curr Nutr Rep. 2013. Department of Epidemiology and Biostatistics, School of Public Health, Imperial College London, London, United Kingdom.. 2. 97-104. PMID: 23750327 DOI: 10.1007/s13668-013-0045-3 | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **206.** | Overby NC, Margeirsdottir HD, Brunborg C, Andersen LF, Dahl-Jørgensen | Subjects diagnosed with type1 |

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| | K. The influence of dietary intake and meal pattern on blood glucose control in children and adolescents using intensive insulin treatment. Diabetologia. 2007 Oct;50(10):2044-51. Epub 2007 Aug 9. PubMed PMID: 17687538. | diabetes |
| **207.** | Pacy PJ, Dodson PM, Kubicki AJ, Fletcher RF, Taylor KG. Effect of a high fibre, high carbohydrate dietary regimen on serum lipids and lipoproteins in type II hypertensive diabetic patients. Diabetes Res. 1984 Sep;1(3):159-63. PubMed PMID: 6099230. | Subjects diagnosed with type 2 diabetes |
| **208.** | Paletas K, Athanasiadou E, Sarigianni M, Paschos P, Kalogirou A, Hassapidou M, Tsapas A. The protective role of the Mediterranean diet on the prevalence of metabolic syndrome in a population of Greek obese subjects. J Am Coll Nutr. 2010 Feb;29(1):41-5. PMID: 20595644. | Cross-sectional study |
| **209.** | Panagiotakos DB, Pitsavos C, Arvaniti F, Stefanadis C. Adherence to the Mediterranean food pattern predicts the prevalence of hypertension, hypercholesterolemia, diabetes and obesity, among healthy adults; the accuracy of the MedDietScore. Prev Med. 2007 Apr;44(4):335-40. Epub 2006 Dec 30. PubMed PMID: 17350085. | Cross-sectional study |
| **210.** | Panagiotakos DB, Pitsavos C, Chrysohoou C, Skoumas J, Tousoulis D, Toutouza M, Toutouzas P, Stefanadis C. Impact of lifestyle habits on the prevalence of the metabolic syndrome among Greek adults from the ATTICA study. Am Heart J. 2004 Jan;147(1):106-12. PMID: 14691427. | Cross-sectional study |
| **211.** | Panagiotakos DB, Tzima N, Pitsavos C, Chrysohoou C, Papakonstantinou E, Zampelas A, Stefanadis C. The relationship between dietary habits, blood glucose and insulin levels among people without cardiovascular disease and type 2 diabetes; the ATTICA study. Rev Diabet Stud. 2005 Winter;2(4):208-15. Epub 2006 Feb 10. PubMed PMID: 17491696; PubMed Central PMCID: PMC1783563. | Cross-sectional study |
| **212.** | Paniagua JA, Gallego de la Sacristana A, Romero I, Vidal-Puig A, Latre JM, Sanchez E, Perez-Martinez P, Lopez-Miranda J, Perez-Jimenez F. Monounsaturated fat-rich diet prevents central body fat distribution and decreases postprandial adiponectin expression induced by a carbohydrate-rich diet in insulin-resistant subjects. Diabetes Care. 2007 Jul;30(7):1717-23. Epub 2007 Mar 23. PubMed PMID: 17384344. | Sample size <30 subjects per study arm |
| **213.** | Papadaki A, Linardakis M, Codrington C, Kafatos A. Nutritional intake of children and adolescents with insulin-dependent diabetes mellitus in crete, Greece. A case-control study. Ann Nutr Metab. 2008;52(4):308-14. Epub 2008 Aug 19. PubMed PMID: 18714148. | Case-control study |
| **214.** | Papakonstantinou E, Panagiotakos DB, Pitsavos C, Chrysohoou C, Zampelas A, Skoumas Y, Stefanadis C. Food group consumption and glycemic control in people with and without type 2 diabetes: the ATTICA study. Diabetes Care. 2005 Oct;28(10):2539-40. PubMed PMID: 16186294. | Cross-sectional study |
| **215.** | Park TS, Jin HY. Can the incidence and mortality of chronic diseases be explained by dietary patterns?. Journal of Diabetes Investigation. 2011. #author address#. 2. #pages. 10.1111/j.2040-1124.2011.00132.x:DOI# | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **216.** | Parker B, Noakes M, Luscombe N, Clifton P. Effect of a high-protein, high-monounsaturated fat weight loss diet on glycemic control and lipid levels in type 2 diabetes. Diabetes Care. 2002 Mar;25(3):425-30. PubMed PMID: 11874925. | Subjects diagnosed with type 2 diabetes |
| **217.** | PERDUE GW, ENGELHARDT HT, CORONADO M. Diets to control diabetes mellitus: effect of modification to meet dietary habits of indigent Anglo-, Negro-, and Latin-American patients. Tex State J Med. 1959 Apr;55(4):283-6. PubMed PMID: 13647399. | Subjects diagnosed with type 2 diabetes |
| **218.** | Pereira MA, Kartashov AI, Ebbeling CB, Van Horn L, Slattery ML, Jacobs DR Jr, Ludwig DS. Fast-food habits, weight gain, and insulin resistance (the | Did not examine dietary patterns; examined fast food |

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| | CARDIA study): 15-year prospective analysis. Lancet. 2005 Jan 1-7;365(9453):36-42. Erratum in: Lancet. 2005 Mar 16;365(9464):1030. PubMed PMID: 15639678. | intake |
| **219.** | Perry IJ. Healthy diet and lifestyle clustering and glucose intolerance. Proceedings of the Nutrition Society. 2002. #author address#. 61. #pages. 10.1079/pns2002196:DOI# | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **220.** | Pitsavos C, Chrysohoou C, Panagiotakos DB, Lentzas Y, Stefanadis C. Abdominal obesity and inflammation predicts hypertension among prehypertensive men and women: the ATTICA Study. Heart Vessels. 2008 Mar;23(2):96-103. Epub 2008 Apr 4. PubMed PMID: 18389333. | Did not examine type 2 diabetes as an outcome; examined risk of hypertension |
| **221.** | Prasad DS, Kabir Z, Dash AK, Das BC. Prevalence and risk factors for diabetes and impaired glucose tolerance in Asian Indians: a community survey from urban Eastern India. Diabetes Metab Syndr. 2012 Apr-Jun;6(2):96-101. doi: 10.1016/j.dsx.2012.05.016. Epub 2012 Jun 19. PubMed PMID: 23153977. | Study subjects from India |
| **222.** | Pun KK, Varghese Z, Moorhead JF. Effects of diets with high carbohydrate content on diabetic hyperlipidaemia and microalbuminuria. Diabetes Res Clin Pract. 1988 Jul 13;5(2):153-7. PubMed PMID: 2843337. | Subjects diagnosed with type 2 diabetes |
| **223.** | Qi L, Cornelis MC, Zhang C, van Dam RM, Hu FB. Genetic predisposition, Western dietary pattern, and the risk of type 2 diabetes in men. Am J Clin Nutr. 2009 May;89(5):1453-8. Epub 2009 Mar 11. PubMed PMID: 19279076; PubMed Central PMCID: PMC2676999. | Case-control study |
| **224.** | Rajaram S, Wien M, Sabate J. Vegetarian diets in the prevention of osteoporosis, diabetes, and neurological disorders. Vegetarian nutrition. 2001. Boca Raton USA. #volume#. 109-134. DOI:#DOI# | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **225.** | Rankins J, Wortham J, Brown LL. Modifying soul food for the Dietary Approaches to Stop Hypertension diet (DASH) plan: implications for metabolic syndrome (DASH of Soul). Ethn Dis. 2007 Summer;17(3 Suppl 4):S4-7-12. PubMed PMID: 17987695. | Did not examine the relationship between dietary patterns and type 2 diabetes; examined strategies for DASH menu planning |
| **226.** | Rao PV. Dietary patterns and glucose intolerance among rural Indian populations. J Indian Med Assoc. 2002 Mar;100(3):137-40. PubMed PMID: 12408269. | Subjects from India |
| **227.** | Regidor E, Franch J, Segui M, Serrano R, Rodriguez-Artalejo F, Artola S. Traditional risk factors alone could not explain the excess mortality in patients with diabetes: a national cohort study of older Spanish adults. Diabetes Care. 2012. Department of Preventive Medicine and Public Health, Universidad Complutense de Madrid, Madrid, Spain. enriqueregidor@hotmail.com. 35. 2503-9. PMID: 22875228 DOI: 10.2337/dc11-1615 | Did not assess dietary patterns as defined for the project |
| **228.** | Richard C, Couture P, Desroches S, Benjannet S, Seidah NG, Lichtenstein AH, Lamarche B. Effect of the Mediterranean diet with and without weight loss on surrogate markers of cholesterol homeostasis in men with the metabolic syndrome. Br J Nutr. 2012 Mar;107(5):705-11. Epub 2011 Jul 26. PubMed PMID: 21787450. | Before and after study |
| **229.** | Richard C, Couture P, Desroches S, Charest A, Lamarche B. Effect of the Mediterranean diet with and without weight loss on cardiovascular risk factors in men with the metabolic syndrome. Nutr Metab Cardiovasc Dis. 2011 Sep;21(9):628-35. Epub 2010 Jun 2. PubMed PMID: 20554173. | Before and after study |
| **230.** | Richard C, Couture P, Desroches S, Lamarche B. Effect of the | Before and after study |

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| | Mediterranean Diet With and Without Weight Loss on Markers of Inflammation in Men With Metabolic Syndrome. Obesity (Silver Spring). 2012 Jun 15. doi: 10.1038/oby.2012.148. [Epub ahead of print] PubMed PMID: 22790237. | |
| **231.** | Richard C,Couture P,Desroches S,Lamarche B. Effect of the Mediterranean diet with and without weight loss on markers of inflammation in men with metabolic syndrome. Obesity (Silver Spring). 2013. Institute of Nutraceuticals and Functional Foods, Laval University, Quebec City, Quebec, Canada.. 21. 51-7. PMID: 23505168 DOI: 10.1002/oby.20239 | Insufficient sample size (less than 30 subjects per study arm) |
| **232.** | Richards L. Vegetarian diet and type 2 diabetes. Nature Reviews Endocrinology. 2009. #author address#. 5. 468. DOI:#DOI# | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **233.** | Rivellese AA, Boemi M, Cavalot F, Costagliola L, De Feo P, Miccoli R, Patti L, Trovati M, Vaccaro O, Zavaroni I; Mind.it Study Group. Dietary habits in type II diabetes mellitus: how is adherence to dietary recommendations? Eur J Clin Nutr. 2008 May;62(5):660-4. Epub 2007 Apr 11. PubMed PMID: 17426738. | Subjects diagnosed with type 2 diabetes |
| **234.** | Rodriguez LM, Castellanos VM. Use of low-fat foods by people with diabetes decreases fat, saturated fat, and cholesterol intakes. J Am Diet Assoc. 2000 May;100(5):531-6. Erratum in: J Am Diet Assoc 2000 Oct;100(10):1137. PubMed PMID: 10812377. | Did not examine dietary patterns; examined low-fat foods |
| **235.** | Rojas-Marcos PM, Del Valle L, Ferrer MF, Runkle I, Duran A, Perez-Ferre N, Bordiu E, Cabrerizo L, Calle-Pascual AL. The lifestyle patterns in a Mediterranean population and its association with diabetes mellitus. MOPOR case control study. Obesity and Metabolism. 2010. Calle-Pascual, A. L., Department of Endocrinology and Nutrition, 1a S. Hospital Clinico San Carlos, E-28040 Madrid, Spain. 6. 69-75. DOI:#DOI# | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **236.** | Romero-Polvo A, Denova-Gutiérrez E, Rivera-Paredez B, Castañón S, Gallegos-Carrillo K, Halley-Castillo E, Borges G, Flores M, Salmerón J. Association between Dietary Patterns and Insulin Resistance in Mexican Children and Adolescents. Ann Nutr Metab. 2012 Oct 2;61(2):142-150. [Epub ahead of print] PubMed PMID: 23037180. | Cross-sectional |
| **237.** | Russell ME, Weiss KM, Buchanan AV, Etherton TD, Moore JH, Kris-Etherton PM. Plasma lipids and diet of the Mvskoke Indians. Am J Clin Nutr. 1994 Apr;59(4):847-52. PubMed PMID: 8147329. | Cross-sectional study |
| **238.** | Ryan M, McInerney D, Owens D, Collins P, Johnson A, Tomkin GH. Diabetes and the Mediterranean diet: a beneficial effect of oleic acid on insulin sensitivity, adipocyte glucose transport and endothelium-dependent vasoreactivity. QJM. 2000 Feb;93(2):85-91. PubMed PMID: 10700478. | Subjects diagnosed with type 2 diabetes |
| **239.** | Ryan MC, Itsiopoulos C, Thodis T, Ward G, Trost N, Hofferberth S,O'Dea K,Desmond PV,Johnson NA,Wilson AM. The Mediterranean diet improves hepatic steatosis and insulin sensitivity in individuals with non-alcoholic fatty liver disease. Journal of Hepatology. 2013. Gastroenterology Department, St Vincent's Hospital, Melbourne, Australia. Marno.Ryan@svhm.org.au. 59. 138-43. PMID: 23485520 DOI: 10.1016/j.jhep.2013.02.012 | Insufficient sample size (less than 30 subjects per study arm) |
| **240.** | Saito T, Watanabe M, Nishida J, Izumi T, Omura M, Takagi T, Fukunaga R, Bandai Y, Tajima N, Nakamura Y, Ito M; Zensharen Study for Prevention of Lifestyle Diseases Group. Lifestyle modification and prevention of type 2 diabetes in overweight Japanese with impaired fasting glucose levels: a randomized controlled trial. Arch Intern Med. 2011 Aug 8;171(15):1352-60. PubMed PMID: 21824948. | Did not examine dietary patterns as defined for this project |
| **241.** | Sari I, Baltaci Y, Bagci C, Davutoglu V, Erel O, Celik H, Ozer O, Aksoy N, | Before and after study |

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| | Aksoy M. Effect of pistachio diet on lipid parameters, endothelial function, inflammation, and oxidative status: a prospective study. Nutrition. 2010 Apr;26(4):399-404. Epub 2009 Jul 31. PubMed PMID: 19647416. | |
| **242.** | Sarwar Zaman G, Akhtar Zaman F, Arifullah M. Comparative risk of type 2 diabetes mellitus among vegetarians and non-vegetarians. Indian J Community Med. 2010 Jul;35(3):441-2. PubMed PMID: 21031118; PubMed Central PMCID: PMC2963891. | Letter |
| **243.** | Savoca M, Miller C. Food selection and eating patterns: themes found among people with type 2 diabetes mellitus. J Nutr Educ. 2001 Jul-Aug;33(4):224-33. PubMed PMID: 11953244. | Subjects diagnosed with type 2 diabetes |
| **244.** | Savoca MR, Miller CK, Ludwig DA. Food habits are related to glycemic control among people with type 2 diabetes mellitus. J Am Diet Assoc. 2004 Apr;104(4):560-6. PubMed PMID: 15054341. | Subjects diagnosed with type 2 diabetes |
| **245.** | Schmidt LE, Rost KM, McGill JB, Santiago JV. The relationship between eating patterns and metabolic control in patients with non-insulin-dependent diabetes mellitus (NIDDM). Diabetes Educ. 1994 Jul-Aug;20(4):317-21. PubMed PMID: 7851248. | Subjects diagnosed with type 2 diabetes |
| **246.** | Schoenaker DA, Dobson AJ, Soedamah-Muthu SS, Mishra GD. Factor Analysis Is More Appropriate to Identify Overall Dietary Patterns Associated with Diabetes When Compared with Treelet Transform Analysis. J Nutr. 2013 Jan 23. [Epub ahead of print] PubMed PMID: 23343674. | Narrative review |
| **247.** | Scholfield DJ, Behall KM, Bhathena SJ, Kelsay J, Reiser S, Revett KR. A study on Asian Indian and American vegetarians: indications of a racial predisposition to glucose intolerance. Am J Clin Nutr. 1987 Dec;46(6):955-61. PubMed PMID: 3318380. | Did not examine dietary patterns; examined the relationship between race and glucose intolerance |
| **248.** | Schulze MB, Hoffmann K, Manson JE, Willett WC, Meigs JB, Weikert C, Heidemann C, Colditz GA, Hu FB. Dietary pattern, inflammation, and incidence of type 2 diabetes in women. Am J Clin Nutr. 2005 Sep;82(3):675-84; quiz 714-5. PubMed PMID: 16155283; PubMed Central PMCID: PMC2563043. | Case-control study |
| **249.** | Schulze MB, Hu FB. Dietary patterns and risk of hypertension, type 2 diabetes mellitus, and coronary heart disease. Curr Atheroscler Rep. 2002. London UK. 4. 462-467. DOI:#DOI# | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **250.** | Schulze MB, Schulz M, Heidemann C, Schienkiewitz A, Hoffmann K, Boeing H. Carbohydrate intake and incidence of type 2 diabetes in the European Prospective Investigation into Cancer and Nutrition (EPIC)-Potsdam Study. Br J Nutr. 2008 May;99(5):1107-16. Epub 2007 Nov 8. PubMed PMID: 17988431. | Did not examine dietary patterns; examined carbohydrate intake |
| **251.** | Schwenke DC. Beyond the Mediterranean to optimal dietary patterns. Current Opinion in Lipidology. 2013. #author address#. 24. 96-100. PMID: 23298963 DOI: 10.1097/MOL.0b013e32835c94d2 | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **252.** | Scott JM, McDougle L, Schwirian K, Taylor CA. Differences in the dietary intake habits by diabetes status for African American adults. Ethn Dis. 2010 Spring;20(2):99-105. PubMed PMID: 20503887. | Cross-sectional study |
| **253.** | Sexton P, Black P, Metcalf P, Wall CR, Ley S, Wu L, Sommerville F, Brodie S, Kolbe J. Influence of mediterranean diet on asthma symptoms, lung function, and systemic inflammation: a randomized controlled trial. Journal of Asthma. 2013. Department of Medicine, Faculty of Medical and Health Sciences, University of Auckland, Auckland, New Zealand. p.sexton@auckland.ac.nz. 50. 75-81. PMID: 23157561 DOI: 10.3109/02770903.2012.740120 | Insufficient sample size (less than 30 subjects per study arm) |

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| **254.** | Shai I, Schwarzfuchs D, Henkin Y, Shahar DR, Witkow S, Greenberg I, Golan R, Fraser D, Bolotin A, Vardi H, Tangi-Rozental O, Zuk-Ramot R, Sarusi B, Brickner D, Schwartz Z, Sheiner E, Marko R, Katorza E, Thiery J, Fiedler GM, Blüher M, Stumvoll M, Stampfer MJ; Dietary Intervention Randomized Controlled Trial (DIRECT) Group. Weight loss with a low-carbohydrate, Mediterranean, or low-fat diet. N Engl J Med. 2008 Jul 17;359(3):229-41. Erratum in: N Engl J Med. 2009 Dec 31;361(27):2681. PubMed PMID: 18635428. | Only examined type 2 diabetes-related outcomes in subjects who were diagnosed with type 2 diabetes |
| **255.** | Sherafat-Kazemzadeh R, Egtesadi S, Mirmiran P, Gohari M, Farahani SJ, Esfahani FH, Vafa MR, Hedayati M, Azizi F. Dietary patterns by reduced rank regression predicting changes in obesity indices in a cohort study: Tehran Lipid and Glucose Study. Asia Pac J Clin Nutr. 2010;19(1):22-32. PubMed PMID: 20199984. | Did not examine type 2 diabetes outcomes; examined obesity indices |
| **256.** | Shimakawa T, Herrera-Acena MG, Colditz GA, Manson JE, Stampfer MJ, Willett WC, Stamper MJ. Comparison of diets of diabetic and nondiabetic women. Diabetes Care. 1993 Oct;16(10):1356-62. Erratum in: Diabetes Care 1994 Apr;17(4):349. PubMed PMID: 8269793. | Case-control study |
| **257.** | Shirani F, Salehi-Abargouei A, Azadbakht L. Effects of Dietary Approaches to Stop Hypertension (DASH) diet on some risk for developing type 2 diabetes: a systematic review and meta-analysis on controlled clinical trials. Nutrition. 2013. Food Security Research Center, Isfahan University of Medical Sciences, Isfahan, Iran.. 29. 939-47. PMID: 23473733 DOI: 10.1016/j.nut.2012.12.021 | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **258.** | Simmons D, Williams R. Dietary practices among Europeans and different South Asian groups in Coventry. Br J Nutr. 1997 Jul;78(1):5-14. PubMed PMID: 9292755. | Cross-sectional study |
| **259.** | Singh RB, Dubnov G, Niaz MA, Ghosh S, Singh R, Rastogi SS, Manor O, Pella D, Berry EM. Effect of an Indo-Mediterranean diet on progression of coronary artery disease in high risk patients (Indo-Mediterranean Diet Heart Study): a randomised single-blind trial. Lancet (north american edition). 2002. #author address#. 360. #pages. 10.1016/s0140-6736(02)11472-3:DOI# | Not a healthy population (all subjects have type 2 diabetes, glucose intolerance, insulin resistance, or any other disease; or are hospitalized or malnourished) |
| **260.** | Sjögren P, Becker W, Warensjö E, Olsson E, Byberg L, Gustafsson IB, Karlström B, Cederholm T. Mediterranean and carbohydrate-restricted diets and mortality among elderly men: a cohort study in Sweden. Am J Clin Nutr. 2010 Oct;92(4):967-74. Epub 2010 Sep 8. PubMed PMID: 20826627. | Did not examine type 2 diabetes outcomes; examined total and CVD mortality |
| **261.** | Sluijs I, Beulens JW, van der A DL, Spijkerman AM, Grobbee DE, van der Schouw YT. Dietary intake of total, animal, and vegetable protein and risk of type 2 diabetes in the European Prospective Investigation into Cancer and Nutrition (EPIC)-NL study. Diabetes Care. 2010 Jan;33(1):43-8. Epub 2009 Oct 13. PubMed PMID: 19825820; PubMed Central PMCID: PMC2797984. | Did not examine dietary patterns; examined type of protein |
| **262.** | Sluijs I, van der Schouw YT, van der A DL, Spijkerman AM, Hu FB, Grobbee DE, Beulens JW. Carbohydrate quantity and quality and risk of type 2 diabetes in the European Prospective Investigation into Cancer and Nutrition-Netherlands (EPIC-NL) study. Am J Clin Nutr. 2010 Oct;92(4):905-11. Epub 2010 Aug 4. Erratum in: Am J Clin Nutr. 2011 Mar;93(3):676. PubMed PMID: 20685945. | Did not examine dietary patterns; examined carbohydrate quality and quantity |
| **263.** | Snowdon DA, Phillips RL. Does a vegetarian diet reduce the occurrence of diabetes? Am J Public Health. 1985 May;75(5):507-12. PubMed PMID: 3985239; PubMed Central PMCID: PMC1646264. | Vegetarian vs non-vegetarian status based only on meat consumption |
| **264.** | Song S, Paik HY, Song Y. High intake of whole grains and beans pattern is inversely associated with insulin resistance in healthy Korean adult population. Diabetes Res Clin Pract. 2012 Dec;98(3):e28-31. doi: 10.1016/j.diabres.2012.09.038. Epub 2012 Oct 4. PubMed PMID: 23041226. | Cross-sectional |

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| **265.** | Song SJ, Lee JE, Paik HY, Park MS, Song YJ. Dietary patterns based on carbohydrate nutrition are associated with the risk for diabetes and dyslipidemia. Nutr Res Pract. 2012 Aug;6(4):349-56. doi: 10.4162/nrp.2012.6.4.349. Epub 2012 Aug 31. PubMed PMID: 22977690; PubMed Central PMCID: PMC3439580. | Cross-sectional |
| **266.** | Song Y, Manson JE, Buring JE, Liu S. A prospective study of red meat consumption and type 2 diabetes in middle-aged and elderly women: the women's health study. Diabetes Care. 2004 Sep;27(9):2108-15. PubMed PMID: 15333470. | Did not examine dietary patterns; examined meat consumption |
| **267.** | Sonnenberg L, Pencina M, Kimokoti R, Quatromoni P, Nam BH, D'Agostino R, Meigs JB, Ordovas J, Cobain M, Millen B. Dietary patterns and the metabolic syndrome in obese and non-obese Framingham women. Obes Res. 2005 Jan;13(1):153-62. PubMed PMID: 15761175. | Cross-sectional study |
| **268.** | Stagnaro S, Caramel S. The role of modified Mediterranean diet and quantum therapy in Type 2 Diabetes Mellitus primary prevention. Journal of pharmacy and nutrition sciences. 2013. Mississauga Canada. 3. 59-70. PMID: #accession number# DOI: #DOI# | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **269.** | Steinbrecher A, Morimoto Y, Heak S, Ollberding NJ, Geller KS, Grandinetti A, Kolonel LN, Maskarinec G. The preventable proportion of type 2 diabetes by ethnicity: the multiethnic cohort. Ann Epidemiol. 2011 Jul;21(7):526-35. Epub 2011 Apr 16. PubMed PMID: 21497517; PubMed Central PMCID: PMC3109209. | Did not examine dietary patterns; examined individual foods |
| **270.** | Summaries for patients. Dietary patterns and the risk for type 2 diabetes in U.S. men. Ann Intern Med. 2002 Feb 5;136(3):I30. PubMed PMID: 11928740. | Commentary |
| **271.** | Swinburn B. Sustaining dietary changes for preventing obesity and diabetes: lessons learned from the successes of other epidemic control programs. Asia Pac J Clin Nutr. 2002;11 Suppl 3:S598-606. PubMed PMID: 12492653. | Narrative review |
| **272.** | Swinburn BA, Metcalf PA, Ley SJ. Long-term (5-year) effects of a reduced-fat diet intervention in individuals with glucose intolerance. Diabetes Care. 2001 Apr;24(4):619-24. PubMed PMID: 11315819. | Did not examine dietary patterns as defined for this project |
| **273.** | Thompson SV, Winham DM, Hutchins AM. Bean and rice meals reduce postprandial glycemic response in adults with type 2 diabetes: a cross-over study. Nutr J. 2012 Apr 11;11(1):23. [Epub ahead of print] PubMed PMID: 22494488. | Did not examine dietary patterns; examine bean and rice intake |
| **274.** | Tinker LF, Bonds DE, Margolis KL, Manson JE, Howard BV, Larson J, Perri MG, Beresford SA, Robinson JG, Rodríguez B, Safford MM, Wenger NK, Stevens VJ, Parker LM; Women's Health Initiative. Low-fat dietary pattern and risk of treated diabetes mellitus in postmenopausal women: the Women's Health Initiative randomized controlled dietary modification trial. Arch Intern Med. 2008 Jul 28;168(14):1500-11. PubMed PMID: 18663162. | Did not examine dietary patterns as defined for this project |
| **275.** | Tobias DK, Hu FB, Chavarro J, Rosner B, Mozaffarian D, Zhang C. Healthful dietary patterns and type 2 diabetes mellitus risk among women with a history of gestational diabetes mellitus. Arch Intern Med. 2012 Nov 12;172(20):1566-72. PubMed PMID: 22987062. | Unhealthy population (gestational diabetes) |
| **276.** | Tobias DK, Zhang C, Chavarro J, Bowers K, Rich-Edwards J, Rosner B, Mozaffarian D, Hu FB. Prepregnancy adherence to dietary patterns and lower risk of gestational diabetes mellitus. Am J Clin Nutr. 2012 Aug;96(2):289-95. Epub 2012 Jul 3. PubMed PMID: 22760563; PubMed Central PMCID: PMC3396443. | Did not examine type 2 diabetes; examined risk of gestational diabetes |
| **277.** | Tomisaka K, Lako J, Maruyama C, Anh N, Lien D, Khoi HH, Van Chuyen N. Dietary patterns and risk factors for type 2 diabetes mellitus in Fijian, Japanese and Vietnamese populations. Asia Pac J Clin Nutr. 2002;11(1):8-12. PubMed PMID: 11890644. | Cross-sectional study |

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| **278.** | Tomisaka K, Lako J, Maruyama C, Anh N, Lien D, Khoi HH, Van Chuyen N. Dietary patterns and risk factors for type 2 diabetes mellitus in Fijian, Japanese and Vietnamese populations. Asia Pac J Clin Nutr. 2002;11(1):8-12. PubMed PMID: 11890644. | |
| **279.** | Tonstad S, Butler T, Yan R, Fraser GE. Type of vegetarian diet, body weight, and prevalence of type 2 diabetes. Diabetes Care. 2009 May;32(5):791-6. Epub 2009 Apr 7. PubMed PMID: 19351712; PubMed Central PMCID: PMC2671114. | Cross-sectional study |
| **280.** | Toobert DJ, Glasgow RE, Strycker LA, Barrera M, Ritzwoller DP, Weidner G. Long-term effects of the Mediterranean lifestyle program: A randomized clinical trial for postmenopausal women with type 2 diabetes. International Journal of Behavioral Nutrition and Physical Activity. 2007. #author address#. #volume#. 1. DOI:#DOI# | Not a healthy population (all subjects have type 2 diabetes, glucose intolerance, insulin resistance, or any other disease; or are hospitalized or malnourished) |
| **281.** | Torres-Schow RM, Suen S, Yeh I, Tam CF. A comparison of atherogenic potential of diets between Asian and Hispanic college students and their parents. Nutrition Research. 1999. #author address#. 19. #pages. 10.1016/s0271-5317(99)00021-4:DOI# | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **282.** | Trepanowski JF, Kabir MM, Alleman RJ Jr, Bloomer RJ. A 21-day Daniel fast with or without krill oil supplementation improves anthropometric parameters and the cardiometabolic profile in men and women. Nutr Metab (Lond). 2012 Sep 13;9(1):82. doi: 10.1186/1743-7075-9-82. PubMed PMID: 22971786; PubMed Central PMCID: PMC3517900. | Independent variable was effect of diet and use/non use of krill oil |
| **283.** | Tsunehara CH, Leonetti DL, Fujimoto WY. Diet of second-generation Japanese-American men with and without non-insulin-dependent diabetes. Am J Clin Nutr. 1990 Oct;52(4):731-8. PubMed PMID: 2403066. | Cross-sectional study |
| **284.** | Turner-McGrievy B. Vegetarian meal plan. Beneficial for type 2 diabetes? Diabetes Self Manag. 2006 Jan-Feb;23(1):12, 14-5, 18-9. PubMed PMID: 16453915. | Commentary |
| **285.** | Turner-McGrievy GM, Barnard ND, Cohen J, Jenkins DJ, Gloede L, Green AA. Changes in nutrient intake and dietary quality among participants with type 2 diabetes following a low-fat vegan diet or a conventional diabetes diet for 22 weeks. J Am Diet Assoc. 2008 Oct;108(10):1636-45. PubMed PMID: 18926128. | Subjects diagnosed with type 2 diabetes |
| **286.** | Tyson CC, Nwankwo C, Lin PH, Svetkey LP. The Dietary Approaches to Stop Hypertension (DASH) Eating Pattern in Special Populations. Current Hypertension Reports. 2012. Svetkey, L.P., Division of Nephrology, Department of Medicine, Duke University Medical Center, Durham, 27710, NC, United States. #volume#. 1-9. DOI:#DOI# | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **287.** | Uchigata Y, Iwamoto Y. Survey of dietary habits in obese patients with type 2 diabetes treated with either OHA or insulin injections in Japan. Diabetes Res Clin Pract. 2007 Sep;77(3):371-6. Epub 2006 Sep 5. PubMed PMID: 16911841. | Subjects diagnosed with type 2 diabetes |
| **288.** | Uusitupa M,Hermansen K,Savolainen MJ,Schwab U,Kolehmainen M,Brader L,Mortensen LS,Cloetens L,Johansson-Persson A,Onning G,Landin-Olsson M,Herzig KH,Hukkanen J,Rosqvist F,Iggman D,Paananen J,Pulkki KJ,Siloaho M,Dragsted L,Barri T,Overvad K,Bach Knudsen KE,Hedemann MS,Arner P,Dahlman I,Borge GI,Baardseth P,Ulven SM,Gunnarsdottir I,Jonsdottir S,Thorsdottir I,Oresic M,Poutanen KS,Riserus U,Akesson B. Effects of an isocaloric healthy Nordic diet on insulin sensitivity, lipid profile and inflammation markers in metabolic syndrome -- a randomized study (SYSDIET). Journal of Internal Medicine. 2013. Institute of Public Health and Clinical Nutrition, University of Eastern Finland, Kuopio, Finland. matti.uusitupa@uef.fi. 274. 52-66. | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |

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| | PMID: 23398528 DOI: 10.1111/joim.12044 | |
| **289.** | van Woudenbergh GJ, van Ballegooijen AJ, Kuijsten A, Sijbrands EJ, van Rooij FJ, Geleijnse JM, Hofman A, Witteman JC, Feskens EJ. Eating fish and risk of type 2 diabetes: A population-based, prospective follow-up study. Diabetes Care. 2009 Nov;32(11):2021-6. Epub 2009 Aug 12. PubMed PMID: 19675200; PubMed Central PMCID: PMC2768220. | Did not examine dietary patterns; examined fish intake |
| **290.** | Vang A, Singh PN, Lee JW, Haddad EH, Brinegar CH. Meats, processed meats, obesity, weight gain and occurrence of diabetes among adults: findings from Adventist Health Studies. Ann Nutr Metab. 2008;52(2):96-104. Epub 2008 Mar 18. Erratum in: Ann Nutr Metab. 2010;56(3):232. PubMed PMID: 18349528. | Does not examine dietary patterns as defined for this product; examined intake of animal products |
| **291.** | Vasan SK, Karol R, Mahendri NV, Arulappan N, Jacob JJ, Thomas N. A prospective assessment of dietary patterns in Muslim subjects with type 2 diabetes who undertake fasting during Ramadan. Indian J Endocrinol Metab. 2012 Jul;16(4):552-7. PubMed PMID: 22837915; PubMed Central PMCID: PMC3401755. | Subjects diagnosed with type 2 diabetes |
| **292.** | Ventura E, Davis J, Byrd-Williams C, Alexander K, McClain A, Lane CJ, Spruijt-Metz D, Weigensberg M, Goran M. Reduction in risk factors for type 2 diabetes mellitus in response to a low-sugar, high-fiber dietary intervention in overweight Latino adolescents. Arch Pediatr Adolesc Med. 2009 Apr;163(4):320-7. PubMed PMID: 19349560; PubMed Central PMCID: PMC2850811. | Sample size <30 subjects per study arm |
| **293.** | Vessby B, Karlstrom B, Ohrvall M, Jarvi A, Andersson A, Basu S. Diet, nutrition and diabetes mellitus. Upsala journal of medical sciences. 2000. #author address#. 105. 151-160. DOI:#DOI# | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **294.** | Vidurrizaga-De Amezaga CA, Zulet MA, Marti A, Martinez-Gonzalez MA, Martinez JA. The Mediterranean food pattern: a good recipe for patients with the metabolic syndrome. Mediterranean Journal of Nutrition and Metabolism. 2008. #author address#. 1. #pages. 10.1007/s12349-008-0001-8:DOI# | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **295.** | Vijan S, Stuart NS, Fitzgerald JT, Ronis DL, Hayward RA, Slater S, Hofer TP. Barriers to following dietary recommendations in Type 2 diabetes. Diabet Med. 2005 Jan;22(1):32-8. PubMed PMID: 15606688. | Cross-sectional study |
| **296.** | Villegas R, Liu S, Gao YT, Yang G, Li H, Zheng W, Shu XO. Prospective study of dietary carbohydrates, glycemic index, glycemic load, and incidence of type 2 diabetes mellitus in middle-aged Chinese women. Arch Intern Med. 2007 Nov 26;167(21):2310-6. PubMed PMID: 18039989. | Subjects from China |
| **297.** | Villegas R, Shu XO, Gao YT, Yang G, Elasy T, Li H, Zheng W. Vegetable but not fruit consumption reduces the risk of type 2 diabetes in Chinese women. J Nutr. 2008 Mar;138(3):574-80. PubMed PMID: 18287369; PubMed Central PMCID: PMC2615491. | Subjects from China |
| **298.** | Villegas R, Yang G, Gao YT, Cai H, Li H, Zheng W, Shu XO. Dietary patterns are associated with lower incidence of type 2 diabetes in middle-aged women: the Shanghai Women's Health Study. Int J Epidemiol. 2010 Jun;39(3):889-99. Epub 2010 Mar 15. PubMed PMID: 20231261; PubMed Central PMCID: PMC2912484. | Subjects from China |
| **299.** | Vinceti M, Rovesti S, Pacchioni C, Ropa G, Roncaia R, Benedetti P, Bergomi M, Vivoli G. Diet as a risk factor for abnormal glucose tolerance in subjects with and without family history of diabetes mellitus. Diabetes, Nutrition and Metabolism - Clinical and Experimental. 1994. Vivoli, G., | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross- |

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| | Institute of Hygiene, University of Modena, I-41100 Modene, Italy. 7. 21-28. DOI:#DOI# | sectional study) |
| **300.** | Virtanen SM, Feskens EJ, Rasanen L, Fidanza F, Tuomilehto J, Giampaoli S, Nissinen A, Kromhout D. Comparison of diets of diabetic and non-diabetic elderly men in Finland, The Netherlands and Italy. Eur J Clin Nutr. 2000. #author address#. 54. #pages. 10.1038/sj.ejcn.1600916:DOI# | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **301.** | Viscogliosi G,Cipriani E,Liguori ML,Marigliano B,Saliola M,Ettorre E,Andreozzi P. Mediterranean dietary pattern adherence: associations with prediabetes, metabolic syndrome, and related microinflammation. Metab Syndr Relat Disord. 2013. Department of Cardiovascular, Respiratory, Nephrologic, Anesthesiologic and Geriatric Sciences, "Sapienza" University, Rome, Italy. giovanni.viscogliosi@libero.it. 11. 210-6. PMID: 23451814 DOI: 10.1089/met.2012.0168 | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **302.** | Wagner A, Dallongeville J, Haas B, Ruidavets JB, Amouyel P, Ferrieres J, Simon C, Arveiler D. Sedentary behaviour, physical activity and dietary patterns are independently associated with the metabolic syndrome. Diabetes and Metabolism. 2012. Department of Epidemiology and Public Health, EA 3430, University of Strasbourg, Faculty of Medicine, 4, rue Kirschleger, 67085 Strasbourg cedex, France. aline.wagner@unistra.fr. 38. 428-35. PMID: 22721723 DOI: 10.1016/j.diabet.2012.04.005 | Excluded study design (narrative/systematic review; meta-analysis; before and after/case-control/cross-sectional study) |
| **303.** | Wheeler ML, Dunbar SA, Jaacks LM, Karmally W, Mayer-Davis EJ, Wylie-Rosett J, Yancy WS Jr. Macronutrients, food groups, and eating patterns in the management of diabetes: a systematic review of the literature, 2010. Diabetes Care. 2012 Feb;35(2):434-45. Review. PubMed PMID: 22275443; PubMed Central PMCID: PMC3263899. | Systematic review |
| **304.** | Wheeler ML, Fineberg SE, Fineberg NS, Gibson RG, Hackward LL. Animal versus plant protein meals in individuals with type 2 diabetes and microalbuminuria: effects on renal, glycemic, and lipid parameters. Diabetes Care. 2002 Aug;25(8):1277-82. PubMed PMID: 12145221. | Sample size <30 subjects per study arm |
| **305.** | White KM, Terry DJ, Troup C, Rempel LA, Norman P. Predicting the consumption of foods low in saturated fats among people diagnosed with Type 2 diabetes and cardiovascular disease. The role of planning in the theory of planned behaviour. Appetite. 2010 Oct;55(2):348-54. Epub 2010 Jul 30. PubMed PMID: 20674639. | Subjects diagnosed with type 2 diabetes |
| **306.** | Williams DE, Knowler WC, Smith CJ, Hanson RL, Roumain J, Saremi A, Kriska AM, Bennett PH, Nelson RG. The effect of Indian or Anglo dietary preference on the incidence of diabetes in Pima Indians. Diabetes Care. 2001 May;24(5):811-6. PubMed PMID: 11347735. | Cross-sectional study |
| **307.** | Wolever TMS, Nguyen PM, Chiasson JL, Hunt JA, Josse RG, Palmason C, Rodger NW, Ross SA, Ryan EA, Tan MH. Relationship between habitual diet and blood glucose and lipids in non- insulin dependent diabetes (NIDDM). Nutrition Research. 1995. Wolever, T.M.S., Department of Nutritional Sciences, University of Toronto, Toronto, Ont. M5S 1A8, Canada. 15. 843-857. DOI:#DOI# | Not a healthy population (all subjects have type 2 diabetes, glucose intolerance, insulin resistance, or any other disease; or are hospitalized or malnourished) |
| **308.** | Zazpe I, Estruch R, Toledo E, Sánchez-Taínta A, Corella D, Bulló M, Fiol M, Iglesias P, Gómez-Gracia E, Arós F, Ros E, Schröder H, Serra-Majem L, Pintó X, Lamuela-Raventós R, Ruiz-Gutiérrez V, Martínez-González MA. Predictors of adherence to a Mediterranean-type diet in the PREDIMED trial. Eur J Nutr. 2010 Mar;49(2):91-9. Epub 2009 Sep 4. PubMed PMID: 19760359. | Examined predictors of adherence to a Mediterranean diet |
| **309.** | Zhang C, Schulze MB, Solomon CG, Hu FB. A prospective study of dietary patterns, meat intake and the risk of gestational diabetes mellitus. Diabetologia. 2006 Nov;49(11):2604-13. Epub 2006 Sep 7. PubMed PMID: 16957814. | Did not examine type 2 diabetes; examined gestational diabetes |

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| **310.** | Zuo H, Shi Z, Yuan B, Dai Y, Pan X, Wu G, Hussain A. Dietary patterns are associated with insulin resistance in Chinese adults without known diabetes. Br J Nutr. 2012 Sep 19:1-8. [Epub ahead of print] PubMed PMID: 22989490. | Study subjects from China |