



**Table 4-C-I-1 Summary of Findings.**

***Hypothesis That Adherence To A Dietary Pattern Has a Favorable Association With Impaired Glucose Tolerance, Insulin Resistance Or Incident Type 2 Diabetes***

Study / DP / Cohort or Trial	Glucose Tolerance	Insulin Resistance	Incident T2D
Abiemo 2012 / MedDiet / MESA			∅ T2D (Total, men, women, racial / ethnic groups)
Fung 2007 / AHEI / NHS			↓ T2D
Gopinath 2013 / Total Diet / BMES			∅ T2D
Liese 2009 / DASH Score / IRAS			∅ T2D Total population ∅ Blacks / Hispanics ↓ T2D Whites
Martínez-González 2008 / MDS / SUN			↓ T2D
Rossi 2013 / MDS / EPIC–Greece			↓ T2D
von Ruesten 2010 / GFPI / EPIC–Potsdam			∅ T2D (Men, women)
Zamora 2011 / DQI–2005 / CARDIA			∅ T2D (Total, Blacks, Whites)
Estruch 2006 / MDS / PREDIMED	↓ Fasting glucose (Med+OO) (Med+nuts)	↓ HOMA-IR (Med+OO) (Med+nuts)	
Gopinath 2013 / Total Diet / BMES	↓ Fasting glucose, men ∅ Fasting glucose, women		
Jacobs 2009 / Author <i>a priori</i> / ODES	∅ Fasting glucose	↓ Fasting insulin ↓ Insulin, Glu challenge	
Rumawas 2009 / MSDPS / FOS	↓ Fasting glucose	↓ HOMA-IR	
Zamora 2011 / DQI–2005 / CARDIA		↓ HOMA-IR – Whites ↑ HOMA-IR – Blacks	