Plant-based diet for HbA1c reduction in type 2 diabetes mellitus: an evidence=based case report

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Abstrak

ABSTRACT
Background: diabetes has become a major public health concern with an estimated 180 million cases worldwide. Nutritional adjustment is one of the key aspects in the management of type 2 diabetes mellitus. Previous studies have suggested an association between vegetarian diets and improvements in glycemic control
in type 2 diabetes mellitus, however the relationship is not well established. The aim of this report is to perform
a critical appraisal to analyze whether plant-based diet reduces the HbA1c level compared to conventional diet.
Methods: a comprehensive computer-based literature search was performed on June 20, 2016 using PubMed,
Ovid, EBSCO, and the Cochrane Library. All abstracts and titles from the initial search results were screened,
reviewed, and appraised using critical appraisal worksheets by Center of Evidence-Based Medicine, University
of Oxford. Results: one systematic review and two RCTs met the inclusion criteria and were considered eligible
for this case report. In patients with type 2 diabetes mellitus, HbA1c signicantly yielded greater reduction in
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