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Dietary Patterns and Individualized Approaches to Nutritional Interventions in Type 2 Diabetes

Revendra Parganiha[1*], Hemant Sawarkar[2]

[1]KIPS, Shri Shankaracharya Professional University, Bhilai, Chhattisgarh, India, 491001
[2]Anuradha College of Pharmacy, Chikhli, Buldhana, Maharashtra, India

***Corresponding Author E-mail: parganiharevendra@gmail.com**

Abstract:

Deficient food arranging is essential for the beginning and headway of type 2 diabetes and is emphatically connected to destroy microbiota dysbiosis. Therefore, this comprehensive review set out to determine the effects of dietary interventions on the gut microbiota and metabolic limits of type 2 diabetics. A growing number of people are living with type 2 diabetes (T2D), and making changes to one's lifestyle may help reverse this trend. We need additional evidence based on practice to fully understand the validity and rationale of these attestations. This observational study used a pretest-posttest design to examine the effects of a 6-month multicomponent short-term bunch-based nutrition and lifestyle mediation program on glycaemic control and the use of glucose-lowering prescription in persuaded type 2 diabetes patients with a body mass index (BMI) >25 kg/m2 in the Netherlands. The evaluation period was February 2015 through Walk 2016. A 6-month multi-component bunch-based program in a normal care setting improved glycaemic control and declined the necessity for glucose-lowering prescription in convinced type 2 diabetes, according to this pilot study. Validating these findings will necessitate a comprehensive investigation.

Keywords*:* Dietary Pattern, Individualized Approach, Nutrition, Glycaemic Control, Type 2 Diabetes

I. INTRODUCTION:

The expenses of dismalness and mortality related with type 2 diabetes (T2DM) can be diminished on an individual and cultural level by dealing with the illness and accomplishing better glycaemic results [1]. Nonetheless, reassuring long haul conduct change and mediating in a clinical climate can be hard for the two patients and medical care experts. Improving glycaemic control

might be worked with by trying dietary suggestions when there is insulin obstruction and pancreatic beta-cell breakdown. The decreased limit of tissue cells to utilize insulin brings about insulin obstruction, which raises blood glucose levels. It is likewise connected to a lessened ability to restrain the production of glucose in the liver. Insulin opposition causes raised insulin creation by pancreatic beta-cells and hyperinsulinemia on the grounds that more insulin is expected to keep up with ordinary glucose levels. Hyperglycaemia creates when the raised insulin creation ultimately neglects to return blood glucose levels to ordinary. As the requirement for insulin is supported by raised blood glucose levels, beta-cell action continuously weakens over the long haul [2]. When an individual is determined to have type 2 diabetes, 70-80% of their beta-cell capability has been lost. Beta-cell capability can be kept up with by bringing down hyperglycaemia trips and, consequently, the requirement for insulin1. Hence, the foundations of diabetes control are food and movement schedules [10].

One of the principals, if by all accounts not the only, factor impacting postprandial blood glucose levels is carb admission [11]. Consuming protein can impact postprandial glucose trips and improve insulin responsiveness. Since actual work increments tissue responsiveness to insulin, brings down insulin opposition, and thusly brings down the interest for insulin from pancreatic beta cells, it can assume a critical part in a way of life centred approach to overseeing type 2 diabetes. Exercise can likewise be helpful on the grounds that it can work on cell assimilation of glucose free of insulin and decrease insulin obstruction [6]. These impacts can keep going for as long as 48 hours.

Further developing long haul glycaemic control is the point of type 2 diabetes the executives systems to bring down the gamble of entanglements and early mortality [8]. As type 2 diabetes is a significant gamble factor for heart occasions and cardiovascular infection is a pervasive comorbidity, controlling circulatory strain, lipids, and blood glucose levels is generally a co-happening objective. Nutrition-centred treatments mean to upgrade generally speaking and postprandial glycaemic control by changing dinner time, supplement arrangement, and dietary decisions. A definitive objective is to bring blood glucose levels inside a restoratively laid out target range [13]. Despite the fact that food changes are viewed as fundamental to overseeing type 2 diabetes (along with exercise and drug), the two specialists and patients may not necessarily in all cases settle on proper dietary rules or dietary patterns to observe. To help their patients' diabetic taking care of oneself, our review means to give clinicians proof based nutritional proposals and functional conduct strategies [5]. Our procedure upholds an accentuation on remembering food sources high for supplements and empowering process-situated conduct change, especially for patients who had recently fallen flat with various baffling or problematic dietary proposals or objectives that were results centred [9].

i. Objectives of the Study:

- To study on Dietary Patterns and T2D Patients

- To assess dietary pattern's impact on gut microbiota and metabolic levels.
- To assess half year (6-months) nutrition and way of life mediation program's adequacy on glycaemic control and prescription use.
- To investigate relationship between lifestyle interventions, dietary patterns, and metabolic outcomes in T2D patients.

II. Diabetes Prevention: Nutritional Guidelines and Interventions:

- Individuals at high risk of developing type 2 diabetes can reduce their risk by following a coordinated program that includes lifestyle changes such as reducing weight by 7% of body weight and engaging in regular physical activity for 150 minutes per week, as well as dietary frameworks like cutting calories and dietary fat affirmation [12].
- Those who are at a high risk of developing type 2 diabetes should aim to consume enough whole grains (half of the recommended daily intake) and fiber (14 g/1,000 kcal) according to the Indian Part of Cultivating.
- There is little and conflicting evidence to support the claim that avoiding foods with a high glycemic index lowers the risk of diabetes.
- In any case, devouring food sources high in fiber and other fundamental supplements and low in Glycemic Index is suggested.
- While moderate liquor drinking might bring down the gamble of diabetes, observational examinations don't uphold the proposal that those in danger of diabetes drink liquor [3].
- It is preposterous to expect to stay away from type 1 diabetes with diet alone.
- However long the dietary necessities for typical development and advancement are met, reasonable to carry out systems have been demonstrated to be useful in grown-ups, despite the fact that there is as of now insufficient proof to help a particular proposal for the counteraction of type 2 diabetes in kids [14].

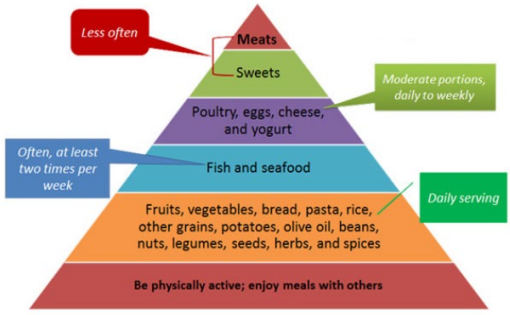

Figure 1: Nutritional Recommendations for Individuals with Diabetes

The huge ascent in type 2 diabetes commonness noticed around the world as of late highlights the criticality of forestalling the sickness. Type 2 diabetes gives off an impression of being firmly impacted by hereditary inclination. In any case, the ongoing diabetes plague undoubtedly reflects changes in way of life that lead to diabetes, as populace genetic stocks change moderately leisurely after some time. Changes in way of life that are set apart by an ascent in caloric admission and a fall in actual work appear to have added to the ascent in overweight and heftiness, two significant gamble factors for diabetes. Whether or not weight reduction was achieved through way of life alterations alone or related to supplemental treatments like drug or bariatric medical procedure (see the energy balance area), numerous investigations have shown the potential for moderate, supported weight reduction to essentially bring down the gamble for type 2 diabetes. Moreover, practice — both lively and direct — can bring down the gamble of type 2 diabetes and improve insulin awareness without influencing weight decrease [15]. Whether weight reduction was achieved through way of life changes alone or with adjunctive treatments like prescription or bariatric medical procedure (see energy balance area), numerous examinations have shown that moderate, supported weight reduction can possibly fundamentally lessen the gamble for type 2 diabetes. Insulin responsiveness can be improved and the gamble of type 2 diabetes diminished by moderate-power and demanding activity, whether or not or not weight reduction happens.

The consequences of the Diabetes Counteraction Program (DPP) in the US, as well as the Finnish Diabetes Counteraction study give strong proof that a humble decrease in body weight might bring down the gamble of creating type 2 diabetes. The two investigations' way of life intercessions zeroed in on dietary acclimations to bring down calorie and fat admission along with customary actual work (150 minutes of the week) and moderate weight reduction (7% of body weight). Dietary fat admissions in the way of life mediation bunch diminished from roughly 34% of energy at pattern to 28% following one year of the mediation in the DPP. The way of life mediation bunch was the best in getting its individuals to practice no less than 150 minutes of the week at a moderate power. The DPP way of life intercession diminished the gamble of diabetes and improved dyslipidemia, hypertension, and provocative markers, among other cardiovascular illness risk factors. In spite of the fact that way of life change was viewed as financially savvy in the DPP examination, different examinations have proposed that there ought to have been a decrease in the anticipated consumptions. Calorie limitation (by means of dietary fat decrease) was an essential mediation in both the DPP and the Finnish Diabetes Counteraction research. Quiet, scaling back fat, particularly soaked fat, may bring down diabetes risk through weight decrease and an improvement in insulin obstruction that doesn't need extra calories [7]. Clinical preliminary proof on the viability of low-starch slims down for essential avoidance of type 2 diabetes are not yet accessible,

despite the fact that it is conceivable that lessening other macronutrients, for example, carbs, would likewise advance weight reduction thus forestall diabetes.

A few examinations have demonstrated the way that consuming all the more entire grains and dietary fiber can bring down the gamble of diabetes. Insulin awareness is improved with entire grain food sources paying little mind to body weight, and with dietary fiber, insulin responsiveness is improved and the ability to deliver sufficient insulin to conquer insulin opposition is upgraded. Whether or on the other hand if low-glycemic record and -glycemic load diets can assist with forestalling type 2 diabetes is an issue of some debate. There is clashing proof connecting glycemic burden to diabetes risk; some exploration has tracked down it, while others have neglected to track down it. Moreover, a new investigation tracked down no relationship between' s insulin responsiveness and glycemic record/glycemic load. Consequently, it can't be finished up from the accessible information that low-glycemic load feasts bring down the gamble of diabetes. To find an answer for this issue, randomized clinical preliminaries with planned enlistment are required. Notwithstanding, it is basic to advance food sources with a low glycemic file that are high in fiber and other essential supplements. The sugar part of this report dives more into subjects connecting with the meaning of glycemic file and glycemic load in diabetes care, while a 2004 assertion by the American Diabetes Affiliation completely surveyed this point.

The gamble of type 2 diabetes, coronary illness (CHD), and stroke, as well as moderate liquor consumption (one to three beverages, or 15-45 g liquor) each day, seems, by all accounts, to be conversely connected with one another, as per observational examinations. Then again, there might be a relationship between an expanded gamble of diabetes and weighty liquor admission (characterized as multiple beverages day to day) [4]. The 2005 USDA Dietary Rules for Americans suggested that ladies limit their liquor utilization to one beverage each day and men to two beverages each day. While certain micronutrients might meaningfully affect insulin and glucose digestion, there is as of now lacking proof to connect them to the beginning of diabetes.

III. RESEARCH METHODOLOGY:

Pretest posttest configuration was utilized in the "Opposite Diabetes 2" pilot review. In the wake of finishing the half year program, patients with type 2 diabetes addressed inquiries on their wellbeing, their personal satisfaction, and their adherence to the program. Hb1Ac levels and the use of glucose-bringing down prescriptions were the essential results. Self-detailed blood lipid profile, level, weight, abdomen circuit, program adherence, abstract wellbeing measurements, and levels of actual work were among the optional results.

i. Study population:

This observational research includes 2015–2016 'Reverse Diabetes2' graduates. A convenience sample included T2D patients aged 18–75, BMI 25–41 kg/m2, Dutch fluency, and lifestyle modification willingness. Exclusion criteria included

type 1 diabetes, insulin pump use, major comorbidities, bariatric surgery, eating disorders, heart failure, and renal failure. Population sample size was 80, with some leaving after 3 months and 70 remaining.

ii. Primary Outcome Measures:

In accordance with Dutch recommendations, the study assessed HbA1c levels and recommended glucose-lowering medicine. The review assessed medicine use at benchmark and a half year, characterizing it as 0 (no drug), 1 (metformin), 2 (SU-derivate and Metformin), or 3 (insulin and SU-derivate). Members revealed their medicine use to examiners.

iii. Secondary Result Measures:

A scope of estimations, including fasting blood glucose, cholesterol, level, weight, midriff boundary, adherence to the program, emotional wellbeing files, and actual work levels, were utilized in the review to assess the wellbeing and personal satisfaction of the members. As per the Dutch General Experts' rules, members were approached to report the aftereffects of their latest estimations. Extra measurements included actual work levels, announced fatigue, rest issues, and saw wellbeing and personal satisfaction. Information on family structure, training level, sex, and date of birth were accumulated at pattern.

iv. Statistical analyses:

For statistical analyses in the study, including paired sample t-tests and descriptive t-tests, SPSS (V.23.0) was utilized. Additionally, it performed stratified analyses on HbA1c, with statistically significant results defined as $p<0.05$. We applied the per-protocol technique to missing data.

IV. Data Analysis:

Eighty patients were divided into four groups, each of which began the therapy. One person left the program after three months. Consequently, 75 people finished the six-month program. Out of the seventy members who were selected in the program, 71 finished the benchmark and follow-up surveys at a half year with data on essentially their prescription and HbA1c. Table 1 reveals how old the members might be, which went from 30 to 67 years of age, at 55.2±8.0. 76% have a center level or more significant level. Information on optional results at a half year are accounted for fewer members (going from 34 to 65 (47%-90%) every result measure) because of absent or invalid responses.

Table 1: The baseline demographics of the participants (n = 70)

	N	Mean ± SD or %
Age	67	55.2±8.0
Orientation		
Men	30	43%
Ladies	40	57%
Knowledge status		
Low	9	12%

Mid	45	66%
High	8	11%
Missing	8	11%
Family status		
Married /living together without kids	16	22%
Married /living together with kids	22	33%
Married /living together with kids outside home	16	22%
Unmarried/residing alone	4	6%
Unmarried /residing alone with kids outside home	4	6%
Unmarried /residing along with youngsters	3	4%
Other	2	3%
Missing	3	4%

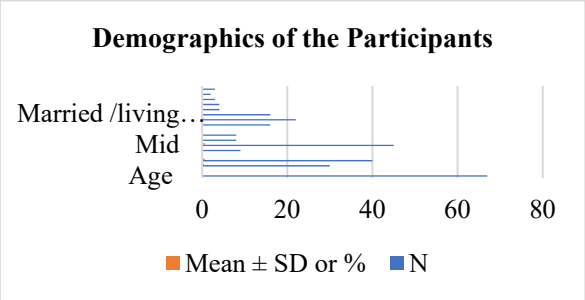

Figure 2: The baseline demographics of the participants (n = 70)

i. Primary Outcome Measures:

➢ **HbA1c levels:**

A p-value of less than 0.001 indicates that the patients' pattern Hb1Ac levels were noticeably greater than their half-year levels (54.0±13.1 mmol/mol), as shown in Table 2. Halfway through the trial, 29 people (or 40%) had comparable results, while 45 people (or 63%) showed pattern HbA1c levels higher than 52 mmol/mol. Segregated analyses identified individuals with a baseline HbA1c-worth of less than 53 mmol/mol (designated as "low starters") or greater than 53 mmol/mol (designated as "high starters"). The former group demonstrated a more notable decline in HbA1c compared to the latter after six months (see table 2 and the online valuable table 1). The "low starters" group (n = 25, 45.2±2.1 mmol/mol to 46.1±6.0, p=0.976) did not demonstrate any change, but the "high starters" group (n = 45) exhibited 8 mmol/mol lower HbA1c levels compared to the standard (62.1±10.5 mmol/mol to 54.0±13.1, p<0.001).

Table 2: Baseline and 6-month HbA1c mean (SD) and change scores (n = 70).

	N	Baseline	6 months (n=70)	Mean difference	P value
HbA1c mmol/mol	70	56.1 (11.0)	51.2 (11.4)	5.0 (10.0)	<0.001
Subgroup investigations					
HbA1c pattern ≥53 mmol/mol	45	62.1 (10.5)	54.0 (13.1)	7.1 (10.3)	<0.001
HbA1c pattern <53 mmol/mol	25	46.1 (2.1)	46.1 (7.0)	0.04 (7.0)	0.976

- **Prescriptions that diminish glucose levels:**

Initially, 65 out of 70 individuals (or 90%) used some sort of glucose-bringing down medication. Table 3 and online advantageous table 1 show that following a half year, a big part of the people diminished their glucose-bringing down drug use, and one out of thirteen (13% of the aggregate) quit utilizing any medicine whatsoever. A modest number of individuals who didn't take medication toward the start of the review kept on doing as such following a half year.

Table 3: **At gauge and a half year, n=70 members per prescription class.**

Medication class at 6 months					
Medicine class at standard	Baseline	Without medication	Metformin	Metformin +SU-derivate	Metformin + SU-derivate+ Insulin
Without medicine	6 (10%)	6	0	0	0
Metformin	12 (18%)	2	10	0	0
Metformin +SU-derivate	32 (42%)	5	18	8	1
Metformin + SU-derivate +Insulin	20 (30%)	2	8	0	10
Total	70 (100%)	15 (19%)	36 (51%)	8 (14%)	11 (16%)

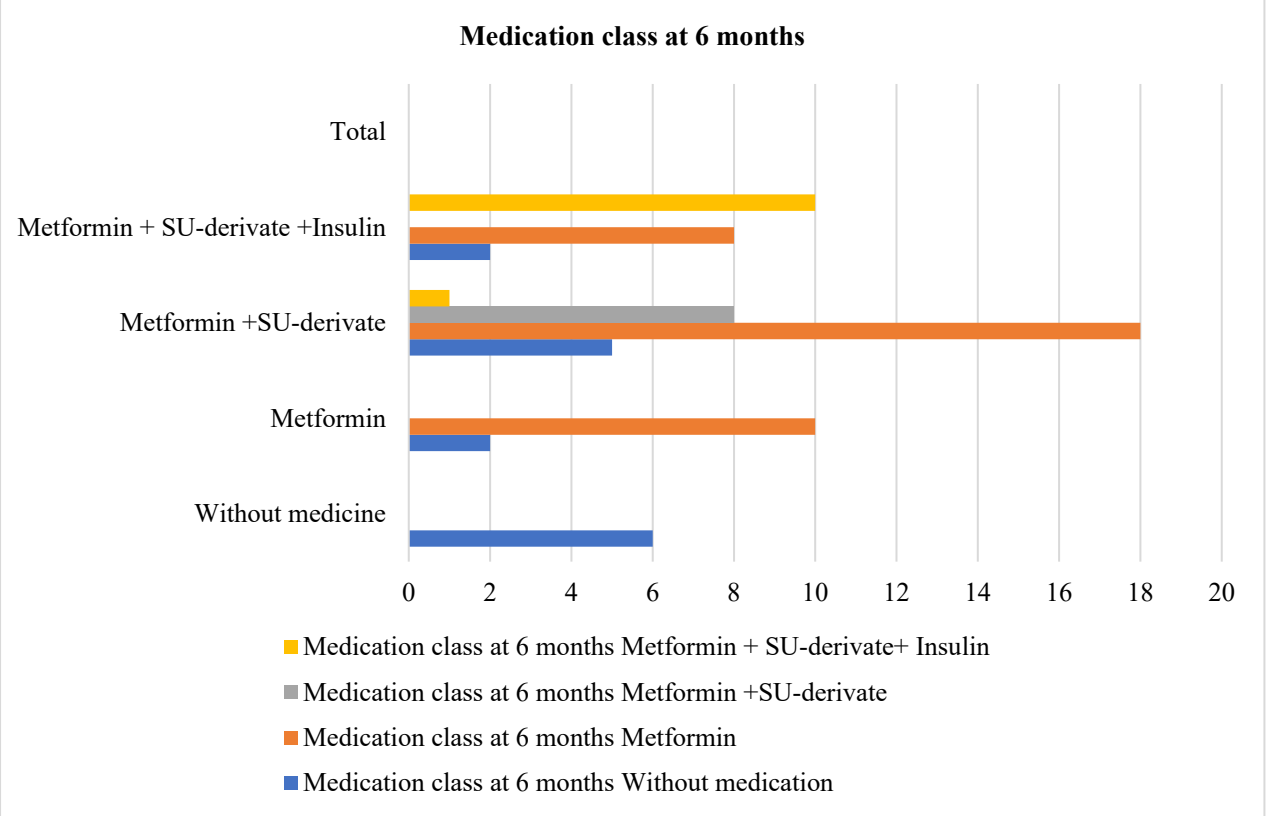

Figure 3: At gauge and a half year, n=70 members per prescription class.

ii. Secondary Result Measures:

- **Influence on other wellbeing pointers and type 2 diabetes biomarkers:**

The fasting glucose level of the people has altogether diminished following a half year, as displayed in Table 4. The weight file (BMI) was 1.72±1.60 kg/m2 ($p<0.001$) lower, the perimeter of the midsection was 9.2±5.2 cm less ($p<0.001$), and the weight was 5.0 ±5.3 kg ($p<0.001$) lower contrasted with the standard information, a half year after the fact. Table 4 shows that blood lipid profiles were unaffected by the readiness, despite the fact that most of members searched out data on cholesterol-related boundaries.

- **Affects the link between everyday activities and overall health:**

Contrasted with the pattern, there was a genuinely huge improvement in both saw self-revealed wellbeing scores ($p=0.001$) and personal satisfaction ($p=0.020$) (table 4). At a half year, there was a significant lessening in apparent weakness (CIS-score) (6.5±18.2, $p=0.015$). Members announced less exhaustion, further developed centre, and expanded want to take part in active work at the half year point. Moreover, at a half year, members revealed essentially less instances of a sleeping disorder ($p=0.002$). In addition, following a half year, moderate activity levels were extensively higher ($p=0.012$), yet there was no way to see an adjustment of extraordinary active work levels ($p=0.460$).

- **Fulfilment with the program and interest:**

At a half year, 90% of members observed the morning meal rules, 88% kept the lunch rules, 85% observed the night feast rules, 70% kept the nibble rules, and 75% followed the beverage necessities. The ideas for the three fundamental dinners were clear, as per the members. Members additionally experienced more difficulty staying away from explicit refreshments, such a glass of wine with supper or at night, and nibbling on specific food varieties, similar to nuts and cheddar, in the early evening and night (results not shown). Toward the finish of the 6th month, members had provided the program with a typical rating of 9.2±0.5 out of 10.

Table 4: Auxiliary results were mean and change scores for dynamic work, check and half-year prosperity pointers, experienced prosperity, individual fulfillment, and sleepiness.

N	Baseline	6 months	Mean distinction (contrasting a half year and baseline)	Statistical importance	N
		Mean (SD)	Mean (SD)	Mean (SD)	P value
Glucose during fasting (mmol/L)	52	8.5 (2.5)	7.4 (1.6)	1.0 (2.3)	0.001
Cholesterol outright (mmol/L)	40	4.6 (1.1)	4.5 (1.0)	0.2 (0.5)	0.230
HDL fixation (mmol/L)	42	1.0 (0.1)	1.0 (0.2)	0.2 (0.1)	0.102
LDL fixation (mmol/L)	42	3.2 (1.0)	2.5 (1.0)	0.2 (0.5)	0.692
outright proportion of HDL to cholesterol	33	4.2 (1.5)	4.0 (1.4)	0.3 (1.2)	0.202
Fat materials (mmol/L)	35	1.6 (0.8)	1.1 (0.5)	0.5 (1.1)	0.013
Weight in kilograms	61	91.2 (12.2)	85.5 (11.4)	4.7 (5.2)	<0.001
BMI in kilograms per square meter	60	29.4 (4.1)	31.2 (4.0)	1.70 (1.69)	<0.001
line of the mid-region (cm)	40	100.3 (11.2)	94.2 (7.2)	9.4 (5.0)	<0.001
Wellbeing	53	6.3 (1.0)	7.2 (1.4)	0.6 (1.4)	0.001
Individual satisfaction	53	7.4 (1.2)	7.5 (1.2)	0.7 (1.4)	0.019
Sleepiness (CIS-score)	50	55.5 (21.5)	54.2 (19.0)	6.0 (15.1)	0.014

Rest — repulsive rest —	50	3.2 (2.0)	2.2 (1.6)	0.4 (1.2)	0.002
reasonably requesting work	50	3.2 (1.0)	4.4 (1.0)	0.3 (1.0)	0.009
zeroed in genuine work	50	1.6 (1.3)	2.1 (1.2)	0.4 (1.2)	0.465

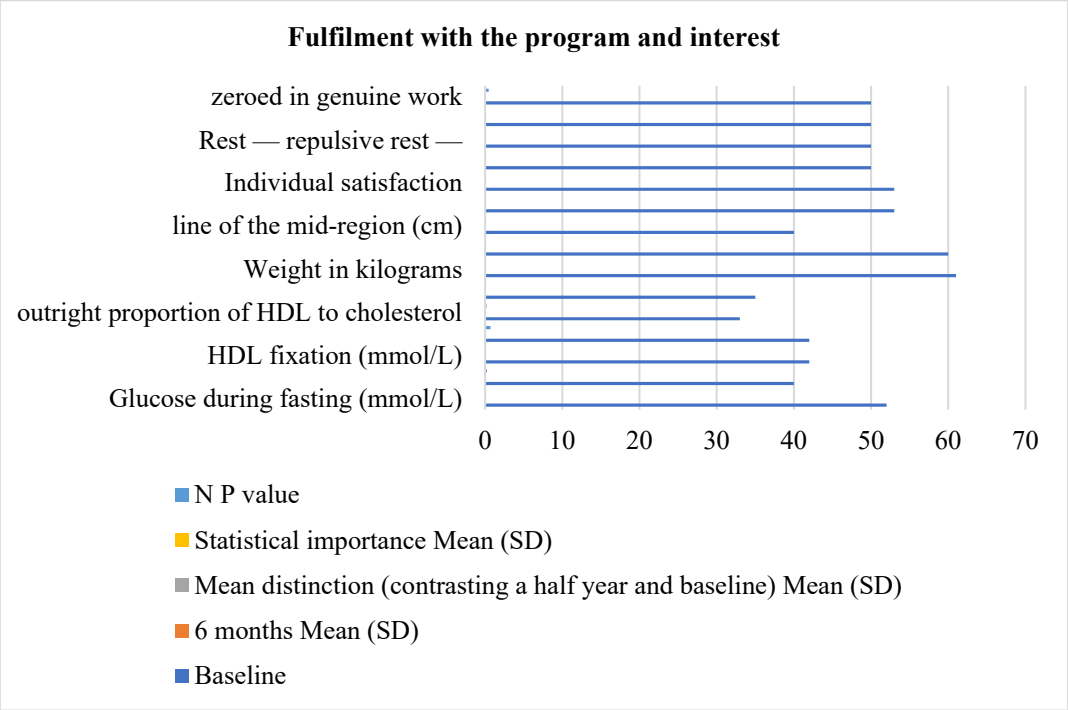

Figure 4: Auxiliary results were mean and change scores for dynamic work, check and half-year prosperity pointers, experienced prosperity, individual fulfillment, and sleepiness.

V. CONCLUSION:

Patients with type 2 diabetes and a body mass index (BMI) higher than 25 kg/m2 can improve glycemic control and reduce medication usage for glucose reduction by completing a multicomponent bunch-based program in a normal consideration setting for an extended period of time, according to the review's findings. Results showed that HbA1c levels dropped dramatically, especially in people whose patterns showed larger drops. This suggests that people with more severe cases of type 2 diabetes will benefit more from the medication. Levels of actual work, abstract wellness, personal happiness, abdominal circumference, body mass index (BMI), fasting glucose, and weight were among the many potential outcome indicators that showed changes. In order to control type 2 diabetes and improve

overall health outcomes, these findings emphasize the importance of lifestyle modifications such dietary changes and increased physical activity. To confirm these findings and give more solid information about the therapeutic effectiveness of these medicines in clinical settings, more comprehensive study is needed.

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