

Literaturliste zum Beitrag:

Typ-2-Diabetes: Ernährungstherapie individuell anpassen

Dr. Tombek S, *UGBforum* 3/21, S. 114-116

Tönnies, Th.; Rathmann, W.: Epidemiologie des Diabetes in Deutschland; Deutscher Gesundheitsbericht Diabetes 2021

Wagner R., Heni M., et al: Pathophysiology-based subphenotyping of individuals at elevated risk for type 2 diabetes, *Nature Medicine* volume 27, pages49–57(2021)

Zaharia, O., Strassburger K., et al: Risk of diabetes-associated diseases in subgroups of patients with recent-onset diabetes: a 5-year follow-up study, Published:July 22, 2019DOI:[https://doi.org/10.1016/S2213-8587\(19\)30187-1](https://doi.org/10.1016/S2213-8587(19)30187-1)

Nationale Versorgungsleitlinie Typ-2-Diabetes, Deutsche Diabetesgesellschaft:

www.deutsche-diabetes-gesellschaft.de/behandlung/leitlinien?tx_wwt3list_recordlist%5Baction%5D=index&tx_wwt3list_recordlist%5Bcontroller%5D=Recordlist&tx_wwt3list_recordlist%5Bpage%5D=1&cHash=44560f45464ffc681e53d48bb20e7d0c#filtersSubmitted

UKPDS 81, *N Eng J Med* 2008; 359 Holman et al]

Drzikova B. Haferprodukte mit modifiziertem Gehalt an β -Glucanen und resistenten Stärke und ihre Effekte auf den Gastrointestinaltrakt unter In-vitro- und In-vivo-Bedingungen [2005]. Im Internet: <http://opus.kobv.de/ubp/volltexte/205/592/>

Obesity: outcome of standardized life-style change in a rehabilitation clinic. An observational study; Helmuth Haslacher, Hannelore Fallmann, Claudia Waldhäusl, Edith Hartmann, Oswald F. Wagner, Werner K. Waldhäusl; *Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy*; Dezember 2019

Paul SK, Shaw JE et al Weight gain in insulin-treated patients by body mass index category at treatment initiation: new evidence from real-world data in patients with type 2 diabetes; 09 August 2016

Kodama S, et al. Quantitative relationship between body weight gain in adulthood and incident type 2 diabetes: a meta-analysis. *Obesity Reviews* 2014;15:202-214.

Bodegard J, et al. Changes in body mass index following newly diagnosed type 2 diabetes and risk of cardiovascular mortality: a cohort study of 8486 primary-care patients. *Diabetes Metab* 2013;39:306-313.

Yeboah P, et al. Body mass index, change in weight, body weight variability and outcomes in type 2 diabetes mellitus (from the ACCORD Trial). *Am J Cardio* 2019;123:576-581.

Lean ME, et al. Primary care-led weight management for remission of type 2 diabetes (DiRECT): an open-label, cluster-randomised trial.

Hallberg SJ, Dockter NE, Kushner JA, Athinarayanan SJ. Improving the scientific rigour of nutritional recommendations for adults with type 2 diabetes: A comprehensive review of the American Diabetes Association guideline-recommended eating patterns. *Diabetes, obesity & metabolism* 2019;21:1769–79

Salas-Salvadó J, Becerra-Tomás N, Papandreou C, Bulló M. Dietary Patterns Emphasizing the Consumption of Plant Foods in the Management of Type 2 Diabetes: A Narrative Review. *Advances in nutrition (Bethesda, Md.)* 2019;10:S320-S331

Vigiliouk E, Kendall CW, Kahleová H, Rahelić D, Salas-Salvadó J, Choo VL et al. Effect of vegetarian dietary patterns on cardiometabolic risk factors in diabetes: A systematic review and meta-analysis of randomized controlled trials. *Clinical nutrition (Edinburgh, Scotland)* 2019;38:1133–45

Papamichou D, Panagiotakos DB, Itsiopoulos C. Dietary patterns and management of type 2 diabetes: A systematic review of randomised clinical trials. *Nutrition, metabolism, and cardiovascular diseases : NMCD* 2019;29:531–43

Ohlsson B. An Okinawan-based Nordic diet improves glucose and lipid metabolism in health and type 2 diabetes, in alignment with changes in the endocrine profile, whereas zonulin levels are elevated. *Experimental and therapeutic medicine* 2019;17:2883–93

Daneshzad E, Emami S, Darooghegi Mofrad M, Saraf-Bank S, Surkan PJ, Azadbakht L. Association of modified Nordic diet with cardiovascular risk factors among type 2 diabetes patients: a cross-sectional study. *Journal of cardiovascular and thoracic research* 2018;10:153–61

Via MA, Mechanick JI. Nutrition in Type 2 Diabetes and the Metabolic Syndrome. *The Medical clinics of North America* 2016;100:1285–302

Porrata-Maury C, Hernández-Triana M, Ruiz-Álvarez V, Díaz-Sánchez ME, Fallucca F, Bin W et al. Ma-Pi 2 macrobiotic diet and type 2 diabetes mellitus: pooled analysis of short-term intervention studies. *Diabetes/metabolism*

Evert AB, Dennison M, Gardner CD, Garvey WT, Lau KHK, MacLeod J et al. Nutrition Therapy for Adults With Diabetes or Prediabetes: A Consensus Report. *Diabetes care* 2019;42:731–54

Henry RR et al. 1986; Amatruda JM et al. 1988; Rotella CM et al. 1994; Dhindsa P et al. 2003

Schübel R, Nattenmüller J, Sookthai D, et al.: Effects of intermittent and continuous calorie restriction on body weight and metabolism over 50 wk: a randomized controlled trial. *Am J Clin Nutr* 2018; 108: 933–45 CrossRef

Improvement by standardization at a diabetes rehabilitation clinic. An observational report; Helmuth Haslacher, Hannelore Fallmann, Claudia Waldhäusl, Edith Hartmann, Oswald F. Wagner, Werner Waldhäusl; *PLOS ONE*; Dezember 2019;

He L, Zhao, Huang Y et al. The difference between oats and beta-glucan extract intake in the management of HbA1c, fasting glucose and insulin sensitivity: a meta analysis of randomized controlled trials. *Food Funct.* 2016; 7 (3); 1413-1428]

Abbasi NN, Purslow PP, Tosh SM et al. Oat β -glucan depression SGLT-1- and GLUT-2-mediated glucose transport in intestinal epithelial cells (IEC-6). *Nutr.Res NYN* 2016; 36 (6): 541-552

Wang F., Yu G, Zhang Y et al. Dipeptidyl-Peptidase IV inhibitory Peptides Derived from Oat, Buckwheat and Highland Barley. *J Agric Food Chem.* 2015; 63 (43): 9543-9549]

Liu M, Zhang, Zhang H. et al. The antidiabetic activity of oat- β -glucan in streptozotocin-nicotinamide induced diabetes mice. *Int. J. Biol. Macromol* 2016; 91: 1170-1176

Lammert A., Kratsch J., Selhorst J et al. Clinical benefit of a short term dietary oatmeal intervention in patients with type 2 diabetes and severe insulin resistance: a pilot study. *Exp.Clin.Endocrinol Diabetes* 2008; 116 (2) : 132-134