

HUMAN NUTRITION

Title: Systematic Reviews of Observational and Experimental Human Studies Related to Pork Intake and Type 2 Diabetes, Insulin-Resistance Syndrome or Its Components – **NPB #12-159**

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Date Submitted: August 16, 2013

Scientific Abstract:

The objective of this research was to perform a systematic review of the scientific literature related to pork intake and type 2 diabetes, insulin-resistance syndrome (metabolic syndrome) or its components. Using scientific literature search tools, studies that could be relevant to the topic were identified and reviewed for appropriateness in meeting the inclusion and exclusion criteria. A total of eight relevant observational studies (studies where subjects are observed over time without intervention) and eight relevant intervention studies (human studies with experimental intervention, such as change in the diet) were identified. These studies provide important data to assess the association of pork intake with type 2 diabetes and metabolic syndrome. Conclusions, based on the review, are presented in the peer-reviewed publication:

<https://www.dovepress.com/systematic-review-of-clinical-studies-related-to-pork-intake-and-metab-peer-reviewed-article-DMSO>

These research results were submitted in fulfillment of checkoff-funded research projects. This report is published directly as submitted by the project's principal investigator. This report has not been peer-reviewed.

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