

**Nutrition and Medicine, 2006**  
**Tufts University School of Medicine**  
**Nutrition and Type 2 Diabetes / Metabolic Syndrome:**  
**Lecture Outline**

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- I.** The changing demographics of type 2 diabetes.
- II.** Criteria for identification of a person with type 2 diabetes.
- III.** Criteria for identification of a person with Metabolic Syndrome, a precursor of type 2 diabetes.
- IV.** Biomarkers used to measure development of Metabolic Syndrome and type 2 diabetes.
- V.** Nutrients associated with the development of type 2 diabetes in observational studies.
- VI.** Suggested mechanisms for dietary factors showing a strong association with development of type 2 diabetes.
- VII.** Nutritional intervention studies that have shown causality between nutritional factors and biomarkers of type 2 diabetes. Possible mechanisms? Current status.
- VIII.** Independent effects of obesity and quality of diet on Metabolic Syndrome and type 2 diabetes.
- IX.** Clinical approaches to lifestyle change in patients at increased risk for Metabolic Syndrome and/or type 2 diabetes. What are the success stories in clinical practice?