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?