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PLANT-BASED DIETS AS A VALUABLE TOOL FOR BETTER DIABETES PREVENTION

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18th April, European Parliament, Brussels

Type 2 Diabetes

Risk factors



- ✓ **Overweight**
- ✓ **Unhealthy diet**
- ✓ **Physical inactivity**
- ✓ Family history of diabetes
- ✓ Increasing age
- ✓ High blood pressure
- ✓ Ethnicity
- ✓ Impaired glucose tolerance
- ✓ History of gestational diabetes
- ✓ Poor nutrition during pregnancy

Type 2 Diabetes! Risk factors



- ✓ **Overweight**
- ✓ **Unhealthy diet**
- ✓ **Physical inactivity**



Lifestyle changes can prevent Type 2 Diabetes

- ✓ Family history of diabetes
- ✓ Increasing age
- ✓ High blood pressure
- ✓ Ethnicity
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- ✓ Poor nutrition during pregnancy

Plant-based diets | Definition



“

The plant-based diet encourages the **consumption of vegetables and unprocessed or minimally processed foods** and **discourages the intake of fats as well as the excessive intake of animal products.** ”

[Tuso, P. J. 2013]

Healthy Plant-based Diets (hPBD)

- Whole grains
- Legumes
- Nuts
- Fruits
- Vegetables
- Vegetable oils
- Tea/coffe

Unhealthy Plant-based Diets (uPBD)

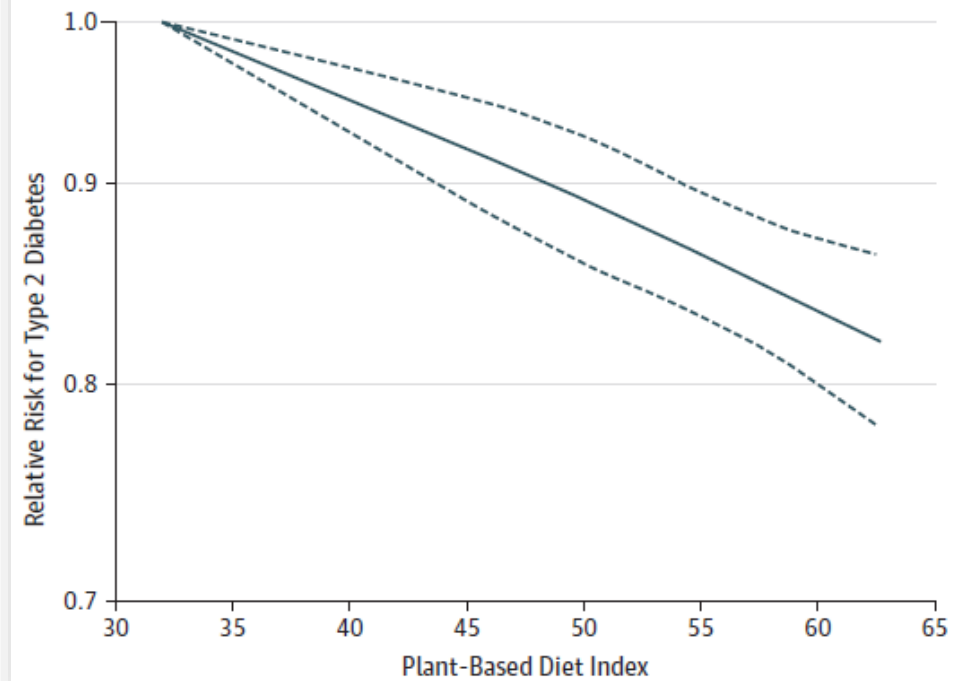
- Fruit juices
- Sugar-sweetened beverages
- Refined grains
- Potatoes
- Sweets/desserts

[Satija, A. 2016]

Plant-based diets | Risk management

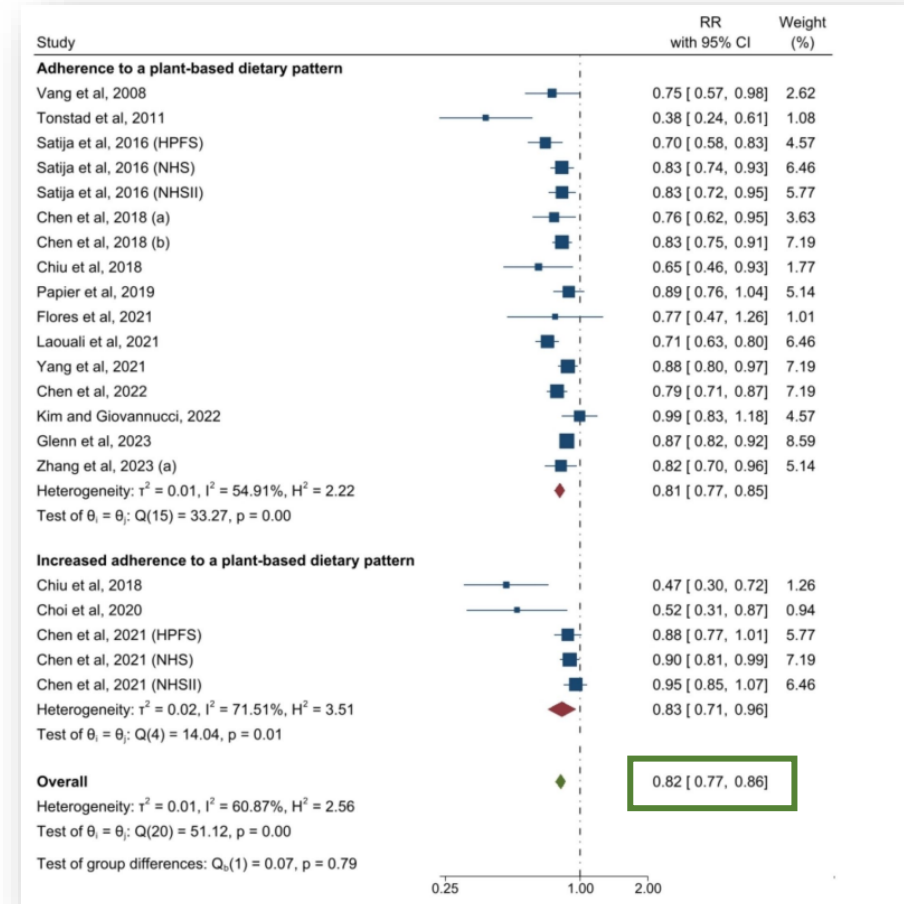


Figure 3. Restricted Cubic Splines of the Association Between Plant-Based Dietary Patterns and Risk of Type 2 Diabetes Among 5 Studies That Used Plant-Based Dietary Indices to Classify Adherence



[Qian et al, 2019]

- Significant **inverse association** between **plant-based index** and **risk of T2D**



[Wang, Y. 2023]

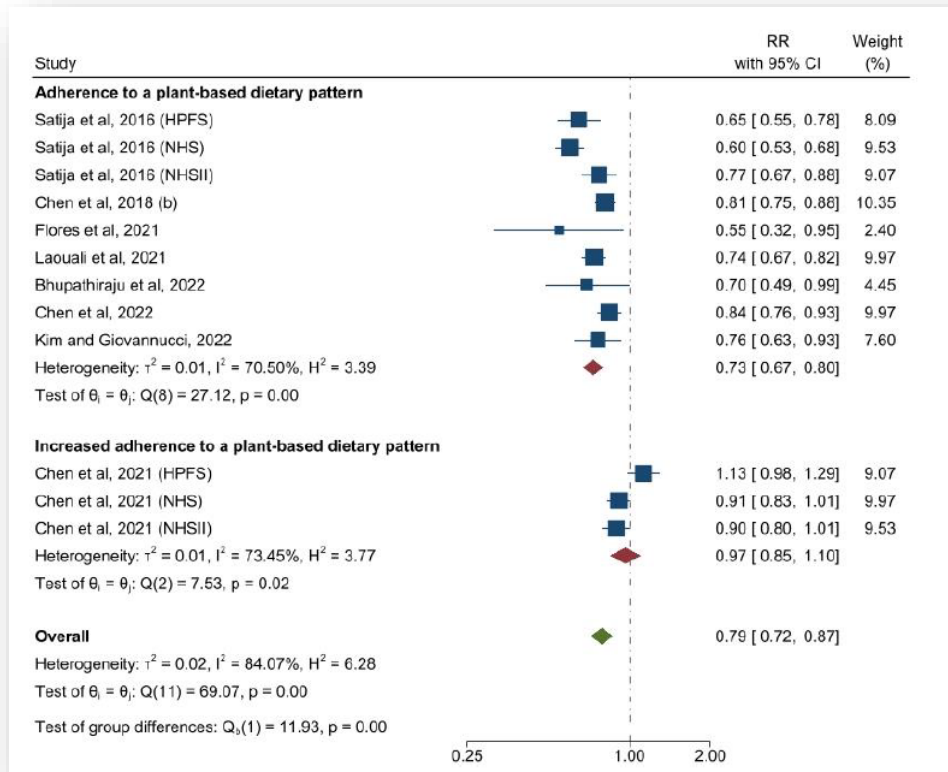
- **18% reduction** in risk of T2D

Plant-based diets | Risk management



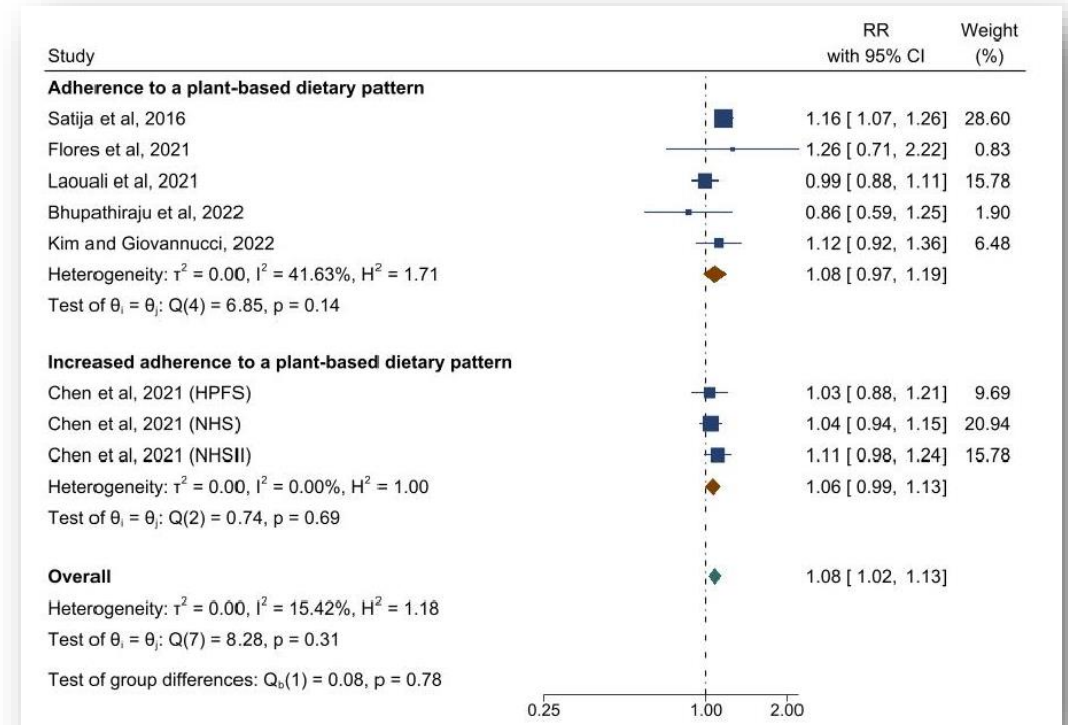
- Association Between PBD and Risk of T2D

Healthy Plant-based Diets (hPBD)



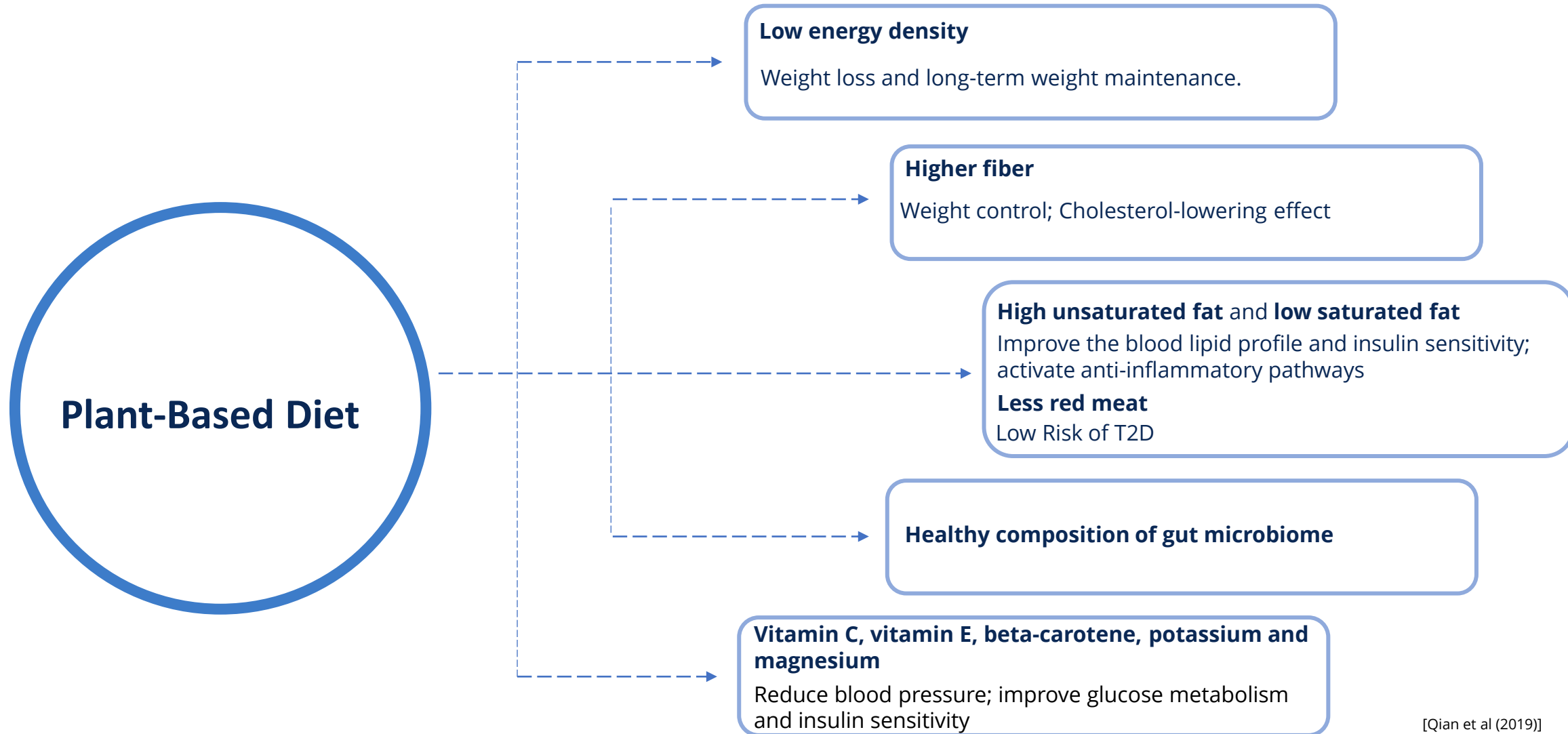
Great adherence to a hPBD, was associated with **lower risk of T2D (21% reduction in risk)**

Unhealthy Plant-based Diets (uPBD)



Higher adherence to an uPBD, was associated with **an increased risk of T2D**

Plant-based diets | Mechanisms for the favorable effect



Conclusion



- **Lifestyle changes** are crucial for the **prevention of T2D**.
- **Higher adherence** to hPBD, may be universally **beneficial for the primary prevention of T2D**.
- **uPBD can become a public health problem**.
- The latest international **guidelines** emphasise the role of **Plant-Based Diets** with the inclusion whole grains, legumes, nuts, fruits, and vegetables and minimal refined and processed foods in the **risk management of T2D**.



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Thank you very much for your attention

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