

Overview of Indexing in the Evidence Mapper

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Paper 2 (added: 14-03-2024 16:21) Remove paper

Unpublished

Full citation
Hou, Yun-Ying, Ojo, Omorogieva, Wang, Li-Li, et al.. (2018). "A Randomized Controlled Trial to Compare the Effect of Peanuts and Almonds on the Cardio-Metabolic and Inflammatory Parameters in Patients with Type 2 Diabetes Mellitus." vol. 10(11).

Title
A Randomized Controlled Trial to Compare the Effect of Peanuts and Almonds on the Cardio-Metabolic and Inflammatory Parameters in Patients with Type 2 Diabetes Mellitus.

Abstract All abstracts hidden from client
A low carbohydrate diet (LCD), with some staple food being replaced with nuts, has been shown to reduce weight, improve blood glucose, and regulate blood lipid in patients with type 2 diabetes mellitus (T2DM). These nuts include tree nuts and ground nuts. Tree nut consumption is associated with improved cardio-vascular and inflammatory parameters. However, the consumption of tree nuts is difficult to promote in patients with diabetes because of their high cost. As the main ground nut, peanuts contain a large number of beneficial nutrients, are widely planted, and are affordable for most patients. However, whether peanuts and tree nuts in combination with LCD have similar benefits in patients with T2DM remains unknown; although almonds are the most

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Step through papers

You can also use the right arrow!

List of the fields to tag the papers

We recommend tagging one field at a time, instead of all fields for each paper

Paper details