Screening abstracts on the Evidence Mapper

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Paper 2 (added: 14-03-2024 16:21) 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 Effect of Peanuts with Type 2 Diabetes Mellitus."	Your Screening decision: Notes: Include Include X Exclude Mark as Duplicate Park	ID, author, title or screening code. You also have the option to add notes to th decision. Enter the note before selecting ar option as once you click an option the next paper will be displayed.	
Abstract 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 (T2DN ⁱ d ground nuts. Tree nut consumption is associated with improved cardio-vascular and inflammatory parameters s nuts is difficult to promote in patients with diabetes because of their high cost. As the main ground nut, peanuts contal regulate consumed and studied tree nuts in combination with LCD have similar benefits in patients with T2DM remains unknown; although almonds are the most consumed and studied tree nut. This study sought to compare the effect of peanuts and almonds, incorporated into a LCD, on cardio-metabolic and inflammatory measures in patients with T2DM. Of the 32 T2DM patients that were recruited, 17 were randomly allocated to the Peanut group (n = 17) and 15 to the Almond group (n = 15) in a parallel design. The patients consumed a LCD with part of the starchy staple food being replaced with peanuts (Peanut group) or almonds (Almond group). The follow-up duration was three months. The indicators for glycemic control, other cardio-metabolic, and inflammatory parameters were collected and compared between the two groups. Compared with the baseline, the fasting blood glucose (FBG) and postprandial 2-h blood glucose (PPG) decreased in both the Peanut and Almond groups (p < 0.05). After the intervention, no statistically significant		Your Screening decision: Notes: Include Include Mark as Duplicate	
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