

Plant-Based Diets in Prevention of Type 2 Diabetes

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Analysis of the Data

Studies have in most cases sustained the statement that plant-based diets, as well as nutrients obtained from plant-based food substances make a crucial contribution to the reduction of risk factors associated with type 2 diabetes. McMacken & Shah (2017) present the argument that the type of diet chosen by people suffering from diabetes have significant impacts on their body's insulin resistance. As a result, individuals with type 2 diabetes have to make careful dietary decisions. Mostly, foods that are rich in calories have the ability to increase the prevalence of a person to diabetes. Caloric foods may include most animal products and processed foods. Following such, McMacken & Shah (2017) state that it is advisable for type 2 diabetes patients and elderly individuals to consume plant-based diets to reduce complications related to and prevent type 2 diabetes respectively. The article also states that the risk factors for diabetes such as hypertension, inflammation, and obesity can be minimized by consuming plant-based foods. Also, a plant-based diet leads to a lower body mass index, which is preferred for diabetes patients.

The validity of Data and Findings

Data provided by the article relating to the role played by plant-based foods the efforts to prevent diabetes is valid. First of all, McMacken, M., & Shah (2017) incorporated findings from various cohort studies, all of which supported the claim that plant-based diets are essential for improving the health of type 2 diabetes patients. Similarly, the studies supported the claim that consumption of animal and refined foods enhanced the risk for type 2 diabetes and related complications. Further, the nutrient components of plant-based diets tend to improve insulin resistance in the body, which makes them preferable for type 2 diabetes patients as well as at-risk populations (McMacken & Shah, 2017). Also, foods such as meat and other processed foods

tend to have high-fat components, which are not advisable for people with diabetes. Similarly, high-fat intakes increase the risk for cardiovascular disease, which is common among people with type 2 diabetes.

Relevance to Problem Statement

The source adequately addresses my problem statement since it incorporates information on the relationship between plant-based diets and type 2 diabetes (McMacken & Shah, 2017). Since my problem statement involves the argument that plant-based diets can prevent and reverse diabetes, the findings presented by the source can support or refute my claim because it includes a similar topic of study. Further, the source comprises a secondary review of literature from previous researches that are related to my area of interest. As a result, the findings from the researches will provide more insight into my topic (McMacken & Shah, 2017). Similarly, the source provides information on the impacts of consuming meat products and processed foods, which will inform my problem statement on whether or not they are suitable for people with diabetes.

Personal Contribution to the Topic

Although the source addresses various areas related to the prevention and maintenance of type 2 diabetes, it does not provide information on whether plant-based diets have any negative impacts on the patient's body (McMacken & Shah, 2017). In some cases, plant-based foods can be essential for patients with type 2 diabetes but have other undesirable health outcomes. For instance, plant-based diets can fail to provide a patient's body with enough protective nutrients, which can expose them to other diseases. Similarly, the source does not include information on whether there are some situations where diabetes patients have to add other foods besides plant-based diets.

References

McMacken, M., & Shah, S. (2017). A plant-based diet for the prevention and treatment of type 2 diabetes. *Journal of geriatric cardiology: JGC*, 14(5), 342.

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