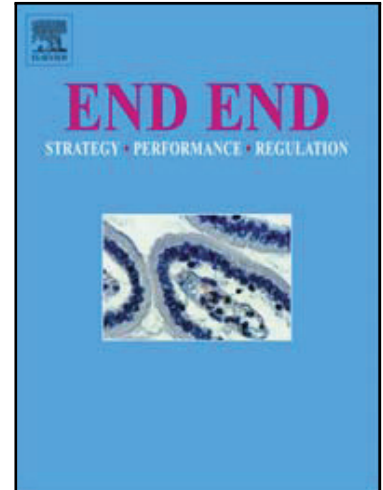


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Dietary carbohydrate quality and quantity in relation to the incidence of type 2 diabetes: a prospective cohort study of middle-aged and older Korean adults

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Highlights

- Little is known about the prospective effect of dietary carbohydrate quality and quantity on type 2 diabetes mellitus (T2DM) incidence among Asian populations.
- This study investigated the associations of dietary glycemic load (GL), glycemic index, and carbohydrate intake with risk for the development of T2DM in a middle-aged and older Korean population.
- Dietary GL was significantly associated with the increased risk for T2DM only in men.
- The association between dietary glycemic load and T2DM incidence was more evident among men with a higher body mass index, abdominal obesity, or a low level of physical activity.

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