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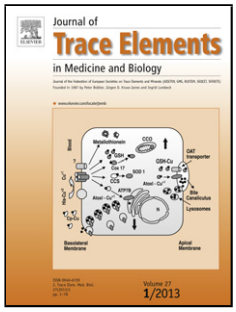

Title: Association between zinc nutritional status and glycemic control in individuals with well-controlled type-2 diabetes

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Association between zinc nutritional status and glycemic control in individuals with well-controlled type-2 diabetes

Running title: Zinc status and type-2 diabetes

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Abstract

Background/Objective: Interest in healthy properties of food and nutrients as co-adjuvant in type-2 diabetes therapy has increased in recent years. Zinc supplementation trials have shown improvements in glycemic control in these patients, although it seems dependent on zinc status of the individuals. The objective of this study was to evaluate the relationship between zinc nutritional status and glucose homeostasis in patients with type-2 diabetes.

Subjects/Methods: Eighty patients with well controlled type-2 diabetes were recruited and clinical, anthropometric and dietary evaluations were performed. One week after, insulin sensitivity and beta cell