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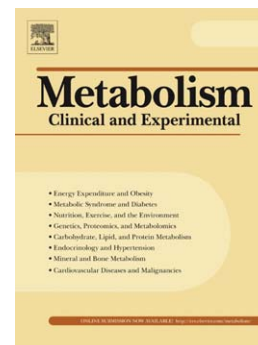
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Dietary Models of Insulin Resistance

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Abstract: Insulin resistance is a significant factor in the development of type 2 diabetes mellitus, however the connection between the Western diet and the development of insulin resistance has not been fully explained. Dietary macronutrient composition has been examined in a number of articles, and diets enriched in saturated fatty acids, and possibly in fructose, appear to be most consistently associated with the development of insulin resistance. However, mechanistic insights into the metabolic effects of such diets are lacking, and merit further study.

Keywords: insulin resistance, dietary composition, carbohydrate, fat

Abbreviations: interleukin-6, IL-6; interleukin-1 β , IL-1 β ; tumor necrosis factor α , TNF- α ; toll-like receptor, TLR; nuclear factor κ B, NF- κ B; homeostatic model assessment, HOMA; saturated fatty acids, SFA; polyunsaturated fatty acids, PUFA; monounsaturated fatty acids, MUFA; area under the curve, AUC.

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