

# High total, animal protein intake ups type 2 diabetes risk

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(HealthDay)—High total and animal protein intake correlates with increased incidence of type 2 diabetes, according to a study published online April 10 in *Diabetes Care*.

Monique van Nielen, Ph.D., from Wageningen University in the Netherlands, and colleagues examined the long-term association between total, animal, and plant [protein intake](#) and the incidence of [type 2 diabetes](#). Data were collected from 12,403 cases with incident type 2 diabetes from the European Prospective Investigation into Cancer and Nutrition-InterAct case-cohort study, and a stratified subcohort of 16,154 individuals from eight European countries. Participants were followed for an average of 12.0 years.

The researchers found that the incidence of type 2 diabetes was

increased for those with high intake of total protein (per 10 g: hazard ratio [HR], 1.06;  $P_{\text{trend trend}} = 0.001$ ), after adjustment for important diabetes risk factors and dietary factors. The effect was modified by sex (P body mass index (BMI) among women ( $P > 30 \text{ kg/m}^2$  (per 10 g [animal protein](#): HR, 1.19) and were not significant for men. There was no correlation between plant protein intake with type 2 diabetes (per 10 g: HR, 1.04;  $P_{\text{trend}} = 0.098$ ).

"In view of the rapidly increasing prevalence of type 2 diabetes, limiting isoenergetic diets high in dietary proteins, particularly from animal sources, should be considered," the authors write.

**More information:** [Abstract](#)  
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