

DIABEGG

DIABETES & EGG STUDY¹



EFFECT OF A HIGH-EGG DIET ON CARDIOMETABOLIC RISK FACTORS IN PEOPLE WITH TYPE 2 DIABETES: THE DIABETES AND EGG (DIABEGG) STUDY -RANDOMISED WEIGHT-LOSS AND FOLLOW-UP PHASE

TRIAL DISPOSITION

The complete 12-month study was conducted between January 2013 and July 2014. There was an overall drop-out rate of 20.7% (29 participants: 16 from the high-egg group and 13 from the low-egg group) between the start of the study (month 0) until the end of the 12-month intervention. Of those who started the weight-loss phase (month 3) and who completed the 12-month study, 1 participant was considered to be non-compliant with the high-egg diet, although all were compliant with the low-egg diet.

STUDY DESIGN

Participants with pre-diabetes or type 2 diabetes (T2D) (n=128) were prescribed a 3-month daily energy restriction of 2.1 MJ and a macronutrient-matched diet and instructed on specific types and quantities of foods to be consumed, with an emphasis on replacing saturated fats with monounsaturated and polyunsaturated fats. Participants were followed up at the 9-month and 12-month visits.

KEY FINDING

- Eating up to 12 eggs a week does not increase cardiovascular risk factors in people with pre-diabetes or T2D – despite conflicting dietary advice continuing around the world.
- Individuals with pre-diabetes or T2D who followed a high-egg diet (≥ 12 eggs / week) for 12 months, which included a 3-month weight loss phase, had no adverse changes in cardiovascular risk factors, inflammatory or oxidative stress markers, or measures of glycemia, when compared to those who consumed a low egg diet (< 2 eggs / week).
- These findings suggest that it is safe for persons diagnosed with T2D or at high risk of T2D, to include eggs, an acceptable and convenient food source, in their diet regularly.

RESEARCH ACKNOWLEDGEMENTS

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Despite differing advice around safe levels of egg consumption for people with pre-diabetes and type 2 diabetes, our research indicates people do not need to hold back from eating eggs if this is part of a healthy diet.”



DR NICK FULLER
DIABEGG STUDY LEADER

