

# Diabetes Mellitus

## Dietary Lycopene and Disease Risk

### Main findings

Data suggest a neutral relationship between dietary lycopene and risk for diabetes mellitus based on incidence of disease and risk factors, such as HgA1c, glucose, insulin.

### Summary of studies and outcomes

- Number of studies = 5
- Risk estimates (RE) = 5
  - (-) = 0
  - N = 5
  - (+) = 0
- Risk estimates by Tomato or Lycopene category
  - $\sqrt{GT}$  G. Tom =
  - $\sqrt{PT}$  P. Tom =
  - $\sqrt{FT}$  F. Tom =
  - $\sqrt{Lyco}$  Lyco = 5 (N)

**Table: Relationship between Dietary Lycopene and Diabetes risk**

Study Type	N= studies	NEGATIVE ASSOCIATION (protective)					NEUTRAL ASSOCIATION (no associated risk or benefit)					POSTIVE ASSOCIATION (risk factor)				
		Sample size, n=					Sample size, n=					Sample size, n=				
Diabetes		≤100	101-200	201-500	501-1000	≥1000	≤100	101-200	201-500	501-1000	≥1000	≤100	101-200	201-500	501-1000	≥1000
RCT	0															
Interv	1						$\sqrt{Lyc}$									
PC	2						$\sqrt{Lyc}$				$\sqrt{Lyc}$					
CC	0															
Cross Sec	2							$\sqrt{Lyc}$			$\sqrt{Lyc}$					
Eco	0															