Other Reviews - - Other Review

Low glycaemic index dietary interventions in youth with cystic fibrosis: a systematic review and discussion of the clinical implications.

Code: DARE-12012023758 **Year:** 2012 **Date:** 2012

Author: Balzer BW

Study design (if review, criteria of inclusion for studies)

Systematic review. Eligibility criteria were systematic reviews, randomised and non-randomised trials of low GI dietary interventions in CF.

Participants

Youth with cystic fibrosis (CF).

Interventions

Low glycaemic index (GI) diets.

Outcome measures

Outcomes examined were glycaemic control, quality of life, anthropometry and respiratory function.

Main results

Four studies met the eligibility criteria; two were excluded because they did not include data on any of the outcomes. The remaining two were studies that examined GI secondary to any other intervention: one used GI as a factor in enteral feeds and the other incorporated low GI dietary education into its treatment methodology.

Authors' conclusions

There is insufficient evidence to recommend use of low GI diets in CF. Since there is evidence to support use of low GI diets in type 1, type 2 and gestational diabetes, low GI diets should be tested as an intervention for CF. The potential risks and benefits of a low GI diet in CF are discussed.

http://onlinelibrary.wiley.com/o/cochrane/cldare/articles/DARE-12012023758/frame.html

See also

Nutrients YR: 2012 VL: 4 NO: 4 PG: 286-296

Keywords

non pharmacological intervention - diet; Carbohydrates;