

Comment on Kalra S, Arora S, Kapoor N. (*J Pak Med Assoc.* 2023;73:1544-5)

Use of Dairy Products in People Living with Diabetes

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Dear Editor, I am writing to express my thoughts on the recent paper titled "Use of Dairy Products in People Living with Diabetes." As someone who is deeply concerned about the well-being of individuals with diabetes and the evolving landscape of dietary recommendations for managing this condition, I found this research to be both informative and timely.¹ Dairy product consumption could impact the susceptibility to type 2 diabetes mellitus (T2DM), but the results from different studies have been contradictory. Additionally, there has been limited exploration of the wide range of dairy product types. A slight elevation in daily consumption of dairy items like low-fat dairy, cheese, and yogurt might play a role in T2DM prevention. However, this hypothesis requires validation through randomized controlled trials.² The paper provides a comprehensive overview of the role of dairy products in the diets of people living with diabetes. It is clear that dietary choices play a crucial role in managing blood glucose levels and overall health for those with diabetes. While the authors acknowledge the potential benefits of dairy consumption, such as the rich source of essential nutrients like calcium and vitamin D, they also highlight some of the challenges and concerns related to dairy consumption among this population.

One of the critical takeaways from the paper is the importance of moderation and individualization in dietary choices for people with diabetes. The recommendations emphasize that dairy products can be part of a balanced diet, but it is essential to consider individual preferences, tolerances, and glycemic responses. This approach aligns with the growing recognition that there is no one-size-fits-all diet for people with diabetes. Furthermore, the paper highlights the need for continued research in this area, particularly in understanding the impact of different types of dairy products, such as low-fat, full-fat, and non-dairy alternatives, on blood glucose control and overall health. This information can be invaluable for healthcare providers, dietitians, and individuals with diabetes seeking personalized dietary guidance.

As diabetes continues to be a global health concern, the

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role of nutrition in its management remains of paramount importance. Papers like this contribute to the ongoing dialogue about the best dietary strategies for people with diabetes and help dispel some of the dietary myths that often circulate. In conclusion, the paper "Use of Dairy Products in People Living with Diabetes" offers valuable insights into a topic of significant relevance to public health. It reinforces the idea that individualized dietary approaches and mindful consumption of dairy products can be compatible with a healthy lifestyle for those living with diabetes. I commend the authors for their contributions to this important area of research and look forward to further developments in the field.

There are other research which suggest the consumption of dairy products, particularly low-fat dairy and yogurt in daily servings ranging from 80 to 125 grams, is linked to a reduced risk of type 2 diabetes (T2D).³ This carries significant implications for public health as it can potentially shape recommendations from healthcare professionals, policymakers, and diabetes research organizations. Nonetheless, it is important to note that the evidence concerning high-fat dairy remains inconclusive or lacking in robustness. More research is needed to distinguish between the impact of fat content in dairy products, whether they are high or low in fat, and the presence of fat and sweeteners in yogurt. Studies that can account for other dietary factors and conduct substitution analyses are likely to yield the most reliable evidence, especially in the absence of randomized control trials.

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