

# Clinical trials of AHA 2 diet

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## 1 diabetes type 2

Trial	Treatments	Patients	Trials design and methods
<b>AHA 2 diet vs AHA 1 diet</b>			
<a href="#">Liao , 2002</a> n=70 follow-up: 22 months	American Heart Association (AHA) step 2 diet (<30% of total calories as fat, <7% saturated fat, 55% carbohydrate, and <200 mg cholesterol daily) plus endurance exercise for 1 h three times a week versus AHA step 1 diet (30% of total calories as fat, 10% saturated fat, 50% carbohydrate, and <300 mg cholesterol) plus stretching exercise three times a week	Japanese American subjects with impaired glucose tolerance (WHO criteria 1998)	Parallel groups open USA

More details and results :

- prevention for diabetes type 2 in all type of patients at <http://www.trialresultscenter.org/go-Q341>
- prevention for diabetes type 2 in people with impaired glucose tolerance at <http://www.trialresultscenter.org/go-Q416>

## References

### Liao, 2002:

Liao D, Asberry PJ, Shofer JB, Callahan H, Matthys C, Boyko EJ, Leonetti D, Kahn SE, Austin M, Newell L, Schwartz RS, Fujimoto WY Improvement of BMI, body composition, and body fat distribution with lifestyle modification in Japanese Americans with impaired glucose tolerance. Diabetes Care 2002;25:1504-10 [[12196418](#)]

Entry terms: diet