

評価対象論文リスト(要因:大豆製品、アウトカム:糖尿病)

評価判定日:2024/6/28

①既存の系統的レビュー・メタ解析・統合解析

1	Pearce M, Fanidi A, Bishop TRP, et al. Associations of total legume, pulse, and soy consumption with incident type 2 diabetes: federated meta-analysis of 27 studies from diverse world regions. <i>The Journal of Nutrition</i> . 2021;151(5):1231-1240. doi:10.1093/jn/nxaa447
2	Tang J, Wan Y, Zhao M, Zhong H, Zheng JS, Feng F. Legume and soy intake and risk of type 2 diabetes: a systematic review and meta-analysis of prospective cohort studies. <i>The American Journal of Clinical Nutrition</i> . 2020;111(3):677-688. doi:10.1093/ajcn/nqz338
3	Li W, Ruan W, Peng Y, Wang D. Soy and the risk of type 2 diabetes mellitus: A systematic review and meta-analysis of observational studies. <i>Diabetes Research and Clinical Practice</i> . 2018;137:190-199. doi:10.1016/j.diabres.2018.01.010
4	Fan M, Li Y, Wang C, et al. Dietary protein consumption and the risk of type 2 diabetes: adose-response meta-analysis of prospective studies. <i>Nutrients</i> . 2019;11(11):2783. doi:10.3390/nu11112783
5	Glisic M, Kastrati N, Gonzalez-Jaramillo V, et al. Associations between phytoestrogens, glucose homeostasis, and risk of diabetes in women: a systematic review and meta-analysis. <i>Advances in Nutrition</i> . 2018;9(6):726-740. doi:10.1093/advances/nmy048
6	Neuenschwander M, Ballon A, Weber KS, et al. Role of diet in type 2 diabetes incidence: umbrella review of meta-analyses of prospective observational studies. <i>BMJ</i> . 2019;366:l2368. doi: 10.1136/bmj.l2368.
7	Schwingshackl L, Hoffmann G, Lampousi AM. Food groups and risk of type 2 diabetes mellitus: a systematic review and meta-analysis of prospective studies. <i>Eur J Epidemiol</i> . 2017;32(5):363-375. doi: 10.1007/s10654-017-0246-y.

②日本人個別研究(ランダム化比較試験、コホート研究、症例対照研究、横断研究などの個別疫学研究)

8	Yan F, Eshak ES, Shirai K, et al. Soy intake and risk of type 2 diabetes among japanese men and women: jacc study. <i>Front Nutr</i> . 2022;8:813742. doi:10.3389/fnut.2021.813742
9	Konishi K, Wada K, Yamakawa M, et al. Dietary soy intake is inversely associated with risk of type 2 diabetes in japanese women but not in men. <i>The Journal of Nutrition</i> . 2019;149(7):1208-1214. doi:10.1093/jn/nxz047
10	Nanri A, Mizoue T, Takahashi Y, et al. Soy product and isoflavone intakes are associated with a lower risk of type 2 diabetes in overweight japanese women. <i>The Journal of Nutrition</i> . 2010;140(3):580-586. doi:10.3945/jn.109.116020

■系統的レビュー・メタ解析・統合解析

No	Author	Title	Year	Category	Relative risk (95% CI)	Magnitude of association	Studies included from
1	Pearce, M., et al	Associations of Total Legume, Pulse, and Soy Consumption with Incident Type 2 Diabetes: Federated Meta-Analysis of 27 Studies from Diverse World Regions.	2021	Legumes (20g/day higher intake) Americas Eastern Mediterranean Europe Western Pacific Overall Pulses (20g/day higher intake) Americas Eastern Mediterranean Europe Western Pacific Overall Soy (20g/day higher intake) Americas Eastern Mediterranean Europe Western Pacific Overall	1.01 (0.99-1.02) 1.07 (0.98-1.18) 1.05 (1.01-1.10) 1.00 (0.98-1.01) 1.02 (1.01-1.04) 1.00 (0.99-1.02) 1.08 (0.99-1.19) 1.04 (.98-1.11) 1.52 (0.55-4.17) 1.02 (1.00-1.03) 0.99 (0.45-2.20) 1.01 (0.99-1.03) 1.00 (0.98-1.01) 1.03 (0.98-1.09) 1.02 (0.99-1.04)	– – ↑ – ↑ – – – – – – – – – –	USA, Brazil, Puerto Rico, Iran, Sweden, France, Germany, Italy, Spain, Sweden, UK Netherlands, Finland, Australia, China, Korea
2	Tang, J., et al	Legume and soy intake and risk of type 2 diabetes: a systematic review and meta-analysis of prospective cohort studies.	2020	Total legume (H vs L) Overall Asia Australia Europe USA Total soy (H vs L) Overall Asia USA Soy milk (H vs. L) Overall Asia USA Tofu (H vs L), overall Soy protein (H vs L), overall Soy isoflavones(H vs L), overall	0.95 (0.79, 1.33) 0.62 (0.51, 0.75) 1.09 (0.81, 1.47) 0.84 (0.55, 1.27) 1.13 (1.05, 1.22) 0.83 (0.68, 1.01) 0.71 (0.55, 0.91) 0.71 (0.55, 0.91) 0.89 (0.71, 1.11) 0.83 (0.45, 1.52) 0.93 (0.85, 1.01) 0.92 (0.84, 0.99) 0.84 (0.75, 0.95) 0.88 (0.81, 0.96)	– ↓ – – ↑ – ↓ ↓ – – – ↓ ↓ ↓	USA, Australia, China, Sweden, Spain, Japan, Singapore,

3	Li, W., et al	Soy and the risk of type 2 diabetes mellitus: A systematic review and meta-analysis of observational studies.	2018		0.77 (0.66, 0.91)	↓	Shanghai, Singapore Chinese, Japan, India, Taiwan
4	Fan, M., et al	Dietary Protein Consumption and the Risk of Type 2 Diabetes: A Dose-Response Meta-Analysis of Prospective Studies.	2019		1.15 (0.97, 1.37) 1.00 (0.90, 1.10)	– –	Netherlands, Spain, USA, Sweden, Japan, Germany, China, Singapore
5	Glisic, M., et al	Associations between Phytoestrogens, Glucose Homeostasis, and Risk of Diabetes in Women: A Systematic Review and Meta-Analysis.	2018		0.81 (0.68, 0.97) 0.86 (0.77, 0.98)	↓ ↓	USA, South Korea, China, Europe, Japan, Finland
6	Neuenschwander, M., et al	Role of diet in type 2 diabetes incidence: umbrella review of meta-analyses of prospective observational studies.	2019		1.00 (0.92, 1.09)	–	This is an umbrella review of 53 meta-analyses
7	Schwingshackl, L., et al	Food groups and risk of type 2 diabetes mellitus: a systematic review and meta-analysis of prospective studies.	2017	per 50 g/d Europe America Asia & Australia	0.96 (0.87, 1.05) 1.00 (0.92, 1.09) 1.01 (0.98, 1.03) 1.17 (0.90, 1.51) 0.89 (0.75, 1.14)	– – – – –	USA, Australia, China, Japan, Germany

