

# 乳清蛋白预进餐对 2 型糖尿病患者 餐后血糖的影响研究\*

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**摘要 目的:** 观察分析乳清蛋白预进餐对 2 型糖尿病患者血糖控制效果的影响。**方法:** 选取 100 例 2 型糖尿病患者随机分为干预组和对照组, 其中干预组 50 例给予乳清蛋白预进餐及饮食控制指导, 对照组仅给予饮食控制指导, 观察比较两组 2 型糖尿病患者血糖控制效果。**结果:** 两组患者饮食控制后空腹血糖 (FBG) 和餐后 2 小时血糖 (2hPG) 水平有明显下降 ( $P < 0.01$ ), 差异有统计学意义。给予乳清蛋白预进餐的干预组餐后血糖控制优于仅给予饮食控制指的对照组 ( $P < 0.05$ ), 差异有统计学意义。**结论:** 2 型糖尿病患者饮食控制能够有效的控制患者血糖, 乳清蛋白预进餐可辅助控制糖尿病患者餐后血糖。

**关键词** 乳清蛋白; 糖尿病; 血糖; 预进餐

## Pre meal with Whey protein control postprandial blood glucose in patients with type 2 diabetes

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**Abstract: Objective:** To observe and analyze the effect of pre meal with whey protein on glycemic control in type 2 diabetic patients. **Method:** One hundred patients with type 2 diabetes were randomly divided into intervention group and control group. Intervention group with 50 cases were given pre meal with whey protein and received diet control instruction, while control group only received diet control guidance. After the intervention, the changes of blood glucose were compared between the two groups. **Result:** After the intervention, each group had a lower level of fasting blood glucose and 2h postprandial plasma glucose ( $P < 0.01$ ), but the effect of intervention group was significantly superior to that of control group ( $P < 0.05$ ), the difference has statistical significance. **Conclusion:** Diet control can effectively control blood glucose in type 2 diabetes patients. Pre meal with whey protein can help control postprandial glucose in patients with diabetes.

**Keywords:** Whey protein; Diabetes; Blood glucose; Pre meal

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