Abstract

The prevalence of diabetes mellitus (DM) has rapidly increased worldwide. Excess body fat is an important risk factor for the disease. Strategies have been indicated for the prevention and treatment of DM. Recent studies have associated the consumption of oilseeds resulting in a lower risk of developing obesity and diabetes. It is believed that this effect is associated with low glycemic index and the high fiber content, the unsaturated fatty acids and the magnesium oilseeds. However, the mechanisms involved in appetite and type 2 diabetes control have not been fully elucidated among researchers yet. Thus, the objective of the present article was to critically analyze the articles published on this subject aiming at identifying strategies which may be used in the dietary treatment of diabetes.

Keywords