

Name of Journal: *World Journal of Diabetes*

Manuscript No: 52154

Manuscript Type: EDITORIAL

Weight loss induced by whole grain-rich diet is through a gut microbiota-independent mechanism

Wu WC *et al.* Whole-grain causes gut microbiota-independent weight loss

Wen-Chi Wu, Akio Inui, Chih-Yen Chen

Abstract

The prevalence of overweight and obesity has increased worldwide. Obesity is a well-known risk factor of type 2 diabetes mellitus and cardiovascular diseases and raises

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Whole grain-rich diet reduces body weight and systemic low ...

<https://gut.bmj.com/content/68/1/83> ▾

Jan 01, 2019 · Also, breath hydrogen levels, plasma **short-chain fatty acids**, intestinal integrity and **intestinal** transit time were not affected. The **whole grain diet** did, however, compared with the refined **grain diet**, **decrease body weight** ($p < 0.0001$), **serum inflammatory** markers, interleukin (IL)-6 ($p = 0.009$) and **C-reactive protein** ($p = 0.003$).

Cited by: 38

Author: Henrik Munch Roager, Josef K Vogt, Mett...

Publish Year: 2019

Whole grain diet reduces systemic inflammation

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6221555>

Oct 26, 2018 · [35,39] Above all, the type of certain whole grain products differed among all the randomized clinical trials, therefore, even though intake of whole grain products more than **100 g per day** was observed significant association between **decreased inflammation**, the recommended concentration of **whole grain consumption** was needed to **treat** with caution.

Cited by: 1

Author: Yujie Xu, Qianyi Wan, Jinhua Feng, Liang...

Publish Year: 2018

Whole-Grain-Rich Diet Reduces Urinary Excretion of Markers ...

<https://academic.oup.com/jn/article/143/6/766/4637660> ▾

Apr 24, 2013 · **Whole-grain ready-to-eat oat cereal**, as part of a **dietary** program for **weight loss**, reduces **low-density lipoprotein cholesterol** in adults with overweight and obesity more than a **dietary** program including low-fiber control foods.

Cited by: 27

Author: Alastair B. Ross, Emma Pere-Trépat, Ivan...

Publish Year: 2013

A whole-grain diet reduces peripheral insulin resistance ...

<https://www.sciencedirect.com/science/article/pii/S002604951730358X>

A **whole-grain diet** reduces peripheral insulin resistance and improves glucose kinetics ... have been implicated in skeletal muscle insulin resistance in obese adults at risk for diabetes following **weight loss induced** by exercise plus **diet** ... while additional research is required to test the **mechanism** by which



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Whole grain-rich diet reduces body weight and systemic low ...

<https://gut.bmj.com/content/68/1/83> ▾

Jan 01, 2019 · In summary, we found that a **whole grain diet** as compared with a refined grain **diet** reduced energy intake and body **weight** and the low-grade systemic inflammation markers CRP and IL-6, without significantly altering **whole** body insulin sensitivity, **gut** microbiome or **gut** functionality in terms of intestinal integrity and transit time.

Cited by: 42

Author: Henrik Munch Roager, Josef K Vogt, Mette ...

Publish Year: 2019

Quinoa whole grain diet compromises the changes of gut ...

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6175902>

Oct 08, 2018 · Quinoa **whole grain diet** compromises the changes of **gut** microbiota and colonic colitis **induced** by dextran Sulfate sodium in C57BL/6 mice. ... including body **weight loss**, diarrhea, and rectal bleeding. As shown in Fig. 1a,b, the body weights and DAI scores of non-DSS controls remained stable **through** the **whole** 10 days, while the body weights of ...

Whole grain diet reduces systemic inflammation

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6221555>

Oct 26, 2018 · [32] Roager HM, Vogt JK, Kristensen M, et al. **Whole grain-rich diet** reduces body **weight** and systemic low-grade inflammation without inducing major changes of the **gut** microbiome: a randomised cross-over trial. *Gut* 2017; 0:1–1. [Google Scholar]

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Whole-Grain-Rich Diet Reduces Urinary Excretion of Markers ...

<https://academic.oup.com/jn/article/143/6/766/4637660> ▾

Apr 24, 2013 · A **Whole-Grain-Rich Diet** Reduces Urinary Excretion of Markers of Protein Catabolism and **Gut** Microbiota Metabolism in Healthy Men after One Week ... without greater **weight loss** than a RG **diet** (36 ... High-Dairy Cheese **Diet** Prevents Sodium-**Induced** Endothelial Dysfunction in the Cutaneous Microcirculation of Healthy, Older Adults **through** ...

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