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ADMINISTRATIVE INFORMATION

Support - No support.

Review Stage at time of this submission - The review has not yet started.

Conflicts of interest - None declared.

INPLASY registration number: INPLASY2026100091

Amendments - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 20 October 2026 and was last updated on 20 October 2026.

INTRODUCTION

Review question / Objective To explore the Association between EAT-Lancet Diet and diabetes.

Condition being studied The Association between EAT-Lancet Diet and diabetes.

METHODS

Participant or population Patients with diabetes.

Intervention EAT-Lancet.

Comparator None.

Study designs to be included Diabetes.

Eligibility criteria Studies related to the Association between EAT-Lancet Diet and diabetes.

Information sources Pubmed and Embase.

Main outcome(s) The Association between EAT-Lancet Diet and diabetes.

Quality assessment / Risk of bias analysis NOS and AHRQ checklist.

Strategy of data synthesis none.

Subgroup analysis None.

Sensitivity analysis None.

Country(ies) involved China.

Keywords EAT-lancet, diabetes, and meta-analysis.

Contributions of each author

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