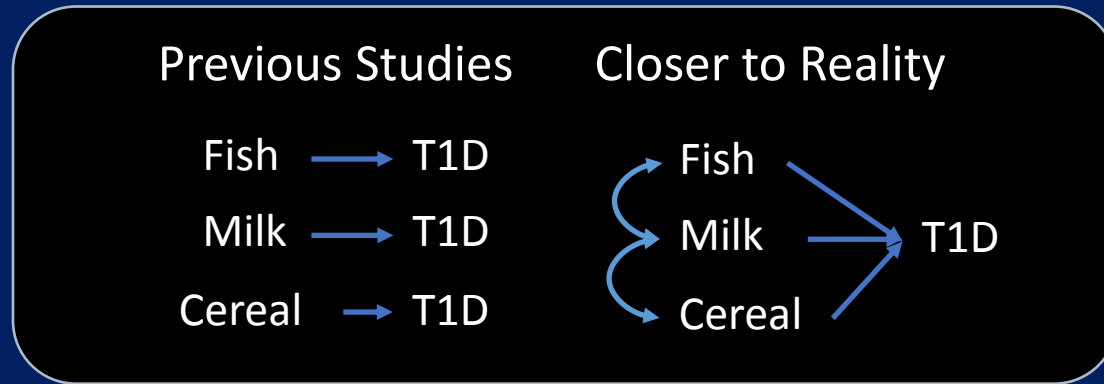
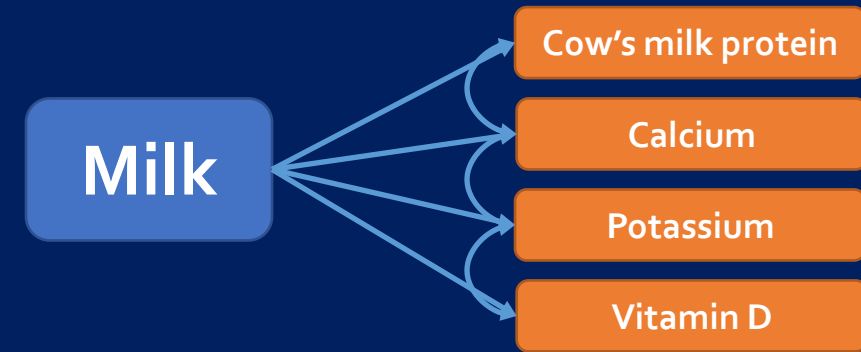


# Nutrient patterns in T1D etiology

Oversimplification of dietary exposure?



Food intake → Nutrient intake



Problem: capturing meaningful variation in dietary pattern studies

Solution: using metabolites and diet together

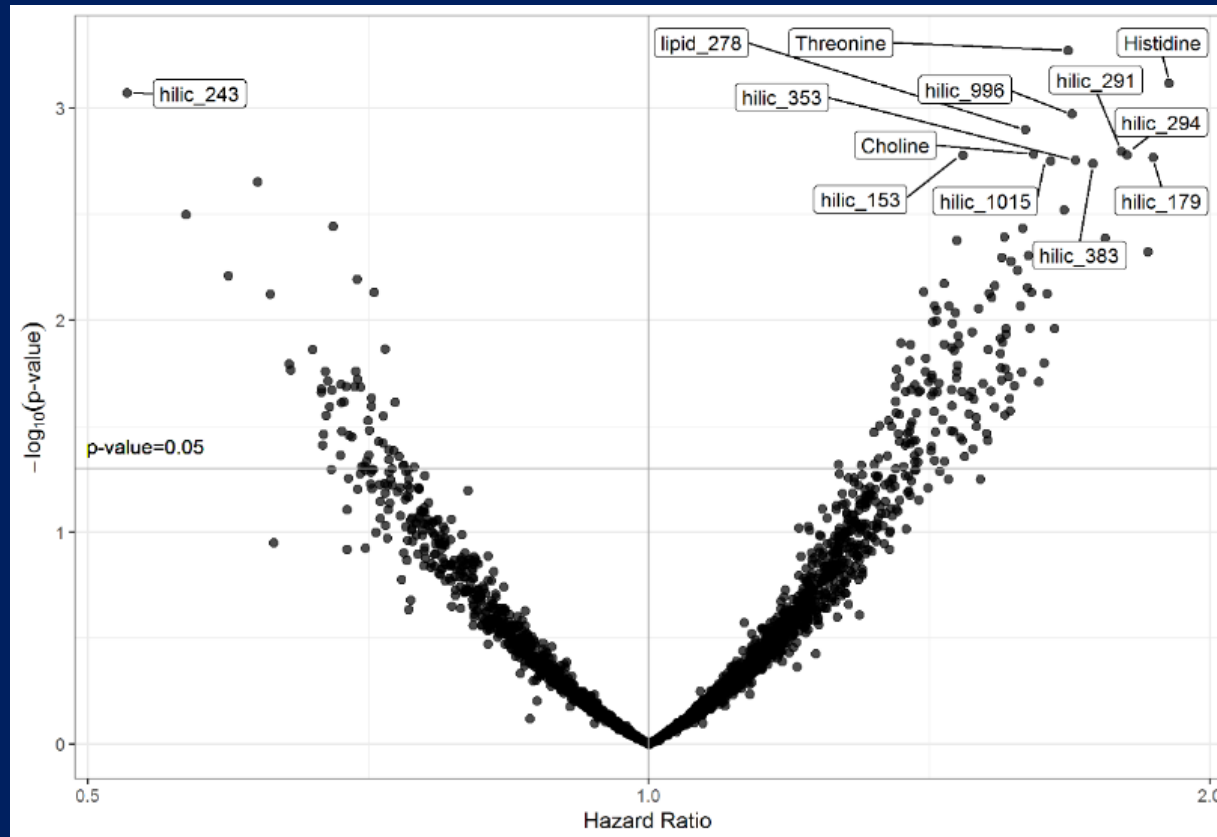


# Metabolomics-related nutrient patterns at seroconversion and risk of progression to T<sub>1</sub>D

Outcome: T<sub>1</sub>D

Nutrient Pattern:

-log<sub>10</sub> p-value



More

- Total sugars
- Vitamin C

Less

- Linoleic acid
- Niacin
- Riboflavin
- Vitamin K



2,457  
metabolites

Hazard Ratio

Higher score on nutrient  
pattern increased risk of  
progression from IA to T<sub>1</sub>D  
(HR=3.31, 95%CI=1.46-7.47)



How can we prevent, delay, or reverse it?

Perhaps develop dietary interventions