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Diet, Inflammation, Body Composition and Type 2 Diabetes: Insights from epidemiological studies

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1. Diet may affect metabolic health through modulation of the inflammatory response. (this thesis)

2. Composition of the diet may affect body composition in ways not adequately captured by traditional anthropometrics, emphasizing the importance of using advanced body composition measurement techniques. (this thesis)

3. Serum uric acid has potential as a stage-specific risk marker for type 2 diabetes and cardiovascular disease. (this thesis)

4. Consumption of antioxidants in the context of a healthy diet has favorable effects on body composition and risk of type 2 diabetes. (this thesis)

5. Better adherence to a more plant-based diet may provide significant benefits to population health. (this thesis)

6. The close relationship between nutrition, health and disease deserves a more prominent role in clinical practice.

7. Preventive medicine is a key area of responsibility for any physician.

8. The mathematical sciences wield their particular language made of digits and signs, no less subtle than any other. (Jorge Luis Borges, *Palabrería para Versos*, 1926)

9. Science demands that facts not be subordinated to opinions, but that opinion be subordinated to facts. (Bertolt Brecht, unpublished version of *Leben des Galilei*, 1939)

10. The history of science is crosshatched with lines of additive and corrective thought. This is how we try to arrive at truth. Truth accumulates. It can be borrowed and paid back. (Don DeLillo, *Ratner's Star*, 1976)

11. La idea es un jaque a la verdad. (José Ortega y Gasset, *La Rebelión de las Masas*, 1929)