rats were fed with normal diet until 5th week of the study where diabetic nephropathy
Rats had similar weights and blood sugar at the beginning of the study.

RESULTS:

Cortisol, IL-1, IL-6, IL-10, and IL-18 were measured by ELISA at the onset and end of the study. Blood samples were obtained at 5th and 7th weeks of treatment in both groups. The results showed a significant decrease in blood cytokine levels in group II compared to group I.

CONCLUSIONS:

Low protein diet is the only method proven to slow the progression of diabetic nephropathy. But malnutrition due to insufficient protein intake is a frequent problem in patients with diabetes. Therefore, it is essential to provide appropriate dietary counseling to patients with diabetic nephropathy.