**Dietary protein affects both the dose and pattern of insulin delivery required to achieve postprandial euglycaemia in type 1 diabetes: a randomised trial**

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This study aimed to determine the different insulin requirements needed for a high-protein meal compared with a low-protein meal, while controlling for carbohydrate and fat content.

Young people with type 1 diabetes were randomised to consume either a high or low protein meal, while keeping the amount of carbohydrates and fats the same for each group. A variation of the insulin clamp technique was used to measure the insulin requirements to maintain euglycemia, a blood glucose within the normal range, for the following 5 hours.

A high protein meal required around 50% more insulin to maintain a blood glucose within the normal range, compared with a low-protein meal that contained the same quantity of carbohydrate.