

The potential role of dietary advanced glycation endproducts in the development of chronic non-infectious diseases: a narrative review

Por: [Garay-Sevilla, ME](#) (Garay-Sevilla, M. E.)^[1]; [Beeri, MS](#) (Beeri, M. S.)^[2,3]; [de la Maza, MP](#) (de la Maza, M. P.)^[4]; [Rojas, A](#) (Rojas, A.)^[5]; [Salazar-Villanea, S](#) (Salazar-Villanea, S.)^[6]; [Uribarri, J](#) (Uribarri, J.)^[7]

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Abstract

Increasing clinical and experimental evidence accumulated during the past few decades supports an important role for dietary advanced glycation endproducts (AGE) in the pathogenesis of many chronic non-infectious diseases, such as type 2 diabetes, CVD and others, that are reaching epidemic proportions in the Western world. Although AGE are compounds widely recognised as generated in excess in the body in diabetic patients, the potential importance of exogenous AGE, mostly of dietary origin, has been largely ignored in the general nutrition audience. In the present review we aim to describe dietary AGE, their mechanisms of formation and absorption into the body as well as their main mechanisms of action. We will present in detail current evidence of their potential role in the development of several chronic non-infectious clinical conditions, some general suggestions on how to restrict them in the diet and evidence regarding the potential benefits of lowering their consumption.

Palabras clave

Palabras clave de autor: [Glycation](#); [Oxidative stress](#); [Diabetes](#); [Metabolic syndrome](#); [CVD](#); [Dementia](#); [Sarcopenia](#)

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Información del autor

Dirección para petición de copias:

Icahn School of Medicine at Mount Sinai Icahn Sch Med Mt Sinai, Dept Med, New York, NY 10029 USA.

Dirección correspondiente: Uribarri, J (autor correspondiente)

+ Icahn Sch Med Mt Sinai, Dept Med, New York, NY 10029 USA.

Direcciones:

+ [1] Univ Guanajuato, Med Sci Dept, Guanajuato, Mexico

+ [2] Icahn Sch Med Mt Sinai, Dept Psychiat, New York, NY 10029 USA

+ [3] Sheba Med Ctr, Joseph Sagol Neurosci Ctr, Ramat Gan, Israel

+ [4] Univ Chile, Inst Nutr & Food Technol Dr Fernando Monckeberg B, Santiago, Chile

+ [5] Catholic Univ Maule, Fac Med, Biomed Res Labs, Talca, Chile

+ [6] Univ Costa Rica, Dept Anim Sci, San Jose, Costa Rica

+ [7] Icahn Sch Med Mt Sinai, Dept Med, New York, NY 10029 USA

Direcciones de correo electrónico: Jaime.uribarri@mountsinai.org

Editorial

CAMBRIDGE UNIV PRESS, EDINBURGH BLDG, SHAFTESBURY RD, CB2 8RU CAMBRIDGE, ENGLAND

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