# Leyla Weighs In: Exploring the Link Between Food Additives and Type 2 Diabetes

written by Leyla Muedin MS, RD, CDN | May 8, 2026

Discover the truth about food preservatives and their link to diabetes. “Leyla Weighs In” on a new study linking common food preservatives to a higher risk of type 2 diabetes. Are we missing the real culprit?