



Diabetes: Studies

Ongoing studies support how healthy foods, especially those found in the Mediterranean diet, can help prevent or help manage a variety of diseases including type 2 diabetes. Check out these summaries of six recent studies:

Plant-Based Diet Helps Diabetics Control Blood Sugar

Think a meat-centric diet is the best way to keep your blood sugar in check? Think again! Researchers in the United States and Japan reviewed studies that investigated the relationship between vegetarian diets and blood sugar control in people with type 2 diabetes. Analyzing data from the 255 adults included in the studies, scientists reported that a plant-based vegetarian diet helps adults with type 2 diabetes improve glycemic control, lower cholesterol intake by 173mg, and trim about 140 calories from their diets each day.

Cardiovascular Diagnosis and Therapy. 2014 Oct;4(5):373-382. (Yokoyama et al.)

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4221319/>

Mediterranean Diet Decreases Diabetes Risk

Researchers in Vienna, Austria reviewed data from over 122,000 adults to investigate the association between the Mediterranean diet and diabetes risk. After analyzing eight prospective cohort studies and one clinical controlled trial published between 2007 and 2014, the scientists found that greater adherence to a Mediterranean diet is associated with a significant reduction (19%) in the risk of type 2 diabetes.

Public Health Nutrition. 2014 Aug 22 (Schwingshackl L et al.)

<http://www.ncbi.nlm.nih.gov/pubmed/25145972>

Med Diet Slows Diabetes Progression

The Mediterranean diet slowed the progression of type 2 diabetes more than a low-fat diet, in a recent randomized controlled trial in Naples, Italy, of 215 adults recently diagnosed with diabetes. The Med diet group ate a diet high in olive oil, vegetables and whole grains, with poultry and fish replacing most red meat, while the low-fat group concentrated on restricting fatty or sugary snacks and limiting overall fat. At the six-year mark, all the people in the low-fat group needed medication, while some in the Med diet group were able to delay medication for two more years. People on the Med diet also tended to lose more weight and to stick with the diet even after the trial ended.

Diabetes Care, ePub April 10, 2014. Esposito et al.

<http://care.diabetesjournals.org/content/early/2014/04/07/dc13-2899>.

[abstract?sid=2d400994-70c2-4b0f-a145-096a3134bef0](http://care.diabetesjournals.org/content/early/2014/04/07/dc13-2899/abstract?sid=2d400994-70c2-4b0f-a145-096a3134bef0)

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Med Diet May Help Cut Diabetes Risk Without Having to Cut Calories

Researchers reviewed data collected during the PREDIMED study in which more than 3500 patients aged 55 to 80 years with high cardiovascular risk were randomly assigned to eat 1 of 3 diets: Mediterranean Diet supplemented with extra-virgin olive oil, Mediterranean Diet supplemented with nuts, or a control diet (patients received advice on a low-fat diet). None of the diets were calorie restricted. Over the course of the study 16% of the participants on a Med Diet enriched with extra-virgin olive oil and 18.7% of those on the Med Diet plus nuts developed type 2 diabetes, compared to 23.6% of the participants on the control diet, leading researchers to conclude that a Mediterranean Diet enriched with olive oil but without calorie restrictions can reduce diabetes risk for people with high cardiovascular risk.

Annals of Internal Medicine. 2014; 160(1):10-10-10. [Salas-Salvadó, et al].

<http://annals.org/article.aspx?articleid=1811025>

Med Diet May Help Prevent Gestational Diabetes

Researchers assessed the dietary habits of more than 1000 pregnant women in 10 Mediterranean countries to determine their adherence to a Mediterranean Diet. The women were screened for gestational diabetes between their 24th and 32nd weeks of pregnancy. The researchers found that adherence to a Mediterranean Diet is associated with lower incidence of gestational diabetes. They call for further testing of the use of the Mediterranean Diet for the prevention of gestational diabetes.

European Journal of Clinical Nutrition. 2014; 68:8-13. [Karamanos, et al].

http://www.nature.com/ejcn/journal/v68/n1/abs/ejcn2013177a.html?WT.ec_id=EJCN-201401

Artificial Sweeteners May Disrupt Body's Blood Sugar Control

A recent study suggests that artificial sweeteners may disrupt the body's ability to regulate blood sugar, causing metabolic changes that could be a precursor to diabetes. The study was performed primarily on mice to determine whether artificial sweeteners alter the bacteria in the digestive system.

The different mix of microbes, the researchers contend, changes the metabolism of glucose, causing levels to rise higher after eating and to decline more slowly than they otherwise would.

Nature, October 9, 2014;181–186 [Suez, et al].

<http://www.nature.com/nature/journal/v514/n7521/full/nature13793.html>