

Mediterranean Diet Helps Blood Sugar Health

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Link – <http://www.nowfoods.com/M102482.htm?cat=Diabetes>

The Mediterranean Diet (MD) is characterized by high consumption of olive oil, fish, nuts and fruits and vegetables. It has not only been found to decrease mortality by 23 percent¹ but also elicits a number of health benefits including helping to [increase antioxidant levels](#)², improve [mental health](#)³, [peripheral vascular health](#)⁴, and [heart health](#)⁵ while [playing no role in obesity](#)⁶.

Now a new study⁷ has found that the MD may help blood sugar health and Type 2 Diabetes T2D), which currently affects 17 million Americans and costs our healthcare system \$132 billion per year⁸.

In the study, over 13,000 patients participating in the SUN Project in Spain⁹ completed a 136-item food frequency questionnaire¹⁰, as well as a questionnaire on physical activity¹¹. They also measured their adherence to the MD, using a method¹² based on the six "protective components" of the MD (fatty acid intake, legumes, grains, fruits, vegetables, or fish). The patients were assigned to one of three groups, based on their adherence to the MD:

Group 1 - Low adherence to the MD (a score of 0-2)

Group 2 - Moderate adherence to the MD (score of 3-6)

Group 3 - High adherence to the MD (score of 7-9)

The researchers found that compared to the low adherence group, those in the high adherence group had an 83% reduced risk of diabetes, while the moderate group had a 60% reduced risk. For the researchers, the MD "might have a substantial potential for prevention" of T2D and that "adherence to a Mediterranean diet is associated with a reduced risk of diabetes."

Greg Arnold is a Chiropractic Physician practicing in Danville, CA. You can contact Dr. Arnold directly by emailing him at PitchingDoc@msn.com or visiting his web site at www.PitchingDoc.com

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