

SIMPLE FOODS TO AVOID TYPE II DM RISK

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“Immediately after a meal, carbohydrate from refined grains elicits a higher and more rapid elevation in blood glucose as well as a greater demand for insulin. Over time, elevated blood glucose levels and compensatory increases in insulin secretion may lead to the development of type II diabetes.” Higdon (2007) P 22.)

There are a few foods that have scientific evidence to back the claims of their ability to prevent diabetes. **Fruits and veggies, nuts, whole grains, legumes and fiber** are at the top of the list. Although there is more support for **fruits and veggies** role in preventing heart disease (the leading cause of death in diabetics,) there are a few studies suggesting it may be their fiber and magnesium content that is enhancing subjects’ glucose control. (Higdon (2007) P 2.) Higher intakes of green leafy and yellow veggies in overweight women were specifically associated with significant reductions I type II DM in the Nurses’ health Study.

“Because **legumes** generally have low-glycemic index values, substituting legumes for high-glycemic index foods like white rice or potatoes lowers the glycemic load of ones diet. Low dietary glycemic loads have been associated with reduced risk of developing type II DM in several large prospective studies.” (Higdon (2007) P 13.)

“Recent results of the Nurses’ Health Study suggest that **nut** and peanut butter consumption may be inversely associated with the risk of developing type II DM n women.” Those who consumed one ounce of **nuts** 5 times a week had 27% lower risk than those who consumed none. (Higdon (2007) P 19.)

“Four large prospective studies have found that higher **whole-grain** intakes are associates with significant reductions in the risk of developing type II diabetes mellitus (DM) over time.” (Higdon (2007) P22.) “Substituting **whole-grain** foods for refined grain foods decreases dietary glycemic load, which has been associated with decreased risk of type II DM...” Higdon (2007) P 22.

“Although multiple factors, including obesity, inactivity, and genetic factors, increase the risk of developing type II DM, the results of observational studies and intervention trials indicate that **fiber**-rich diets improve glucose tolerance and decrease the risk of type II DM, particularly in high risk individuals.” (Higdon (2007) P 104.) “The foods that were most consistently associated with increased risk of type II DM in the NHS (Nurses’ health study) and HPFS cohorts were potatoes (cooked or french-fried), white rice, white bread, and carbonated beverages.” (Higdon (2007) P 197.)