

AMERICAN PISTACHIOS & DIABETES



New research shows including pistachios as part of a balanced diet is a sound strategy to help lower the risk of developing type 2 diabetes¹

Published in *Diabetes Care*, this research suggests that pistachios may have glucose- and insulin-lowering effects and promote a healthier metabolic profile in people with prediabetes.

The study looked at **54 adults** with prediabetes, divided into two groups.

GROUP 1



One group ate two ounces of pistachios daily

- Experienced a decrease in fasting blood sugar levels, insulin and hormonal markers
- Signs of inflammation were reported to have decreased among the pistachio group



A recent study published in the *European Journal of Clinical Nutrition* showed that people who snacked on pistachios experienced lower blood sugar levels immediately following a meal. In fact, adding pistachios to different common carbohydrate foods, such as rice and pasta, was linked to reduced relative blood sugar response of the meal.²

For more information on recent research, visit: AmericanPistachios.org/blood-sugar-management-research

GROUP 2



The second group included olive oil and other fats instead of pistachios

No change or increase in fasting blood sugar levels, insulin and hormonal markers

No change in signs of inflammation

- Randomized, controlled, cross-over clinical trial
- Each diet group lasted for four months, with two week compliance breaks
- The diets were matched for protein, fiber and saturated fatty acids
- Neither group experienced weight gain

Moreover, the results from the largest randomized clinical trial to date on nuts and diabetes showed that eating about 2 ounces of nuts a day for 3 months, as a replacement for carbohydrate foods, may improve long-term blood sugar control and LDL cholesterol in people with type 2 diabetes.³

¹Hernández-Alonso, P., et al. *Diabetes Care* 2014; 37:1-8.
²Kendall CWC, et al. *Eur J Clin Nutr.* 2011; 65(6):696-702.
³Jenkins DJA, et al. *Diabetes Care.* 2011. Aug;34(8):1706-1711

**PROTEIN
+
HEALTHY
FATS
+
FIBER**

Nutrients in American-grown pistachios may help lower blood glucose

The findings of this new study add to the growing body of evidence showing the benefits of eating pistachios on blood glucose and insulin sensitivity.



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