

The benefits of the Mediterranean diet in the fight against diabetes of the second type were confirmed

Scientists from the Harvard School of Public Health and Dietetics from Spain, during a joint integrated study, found that the Mediterranean diet, accompanied by calorie restriction, regular physical activity and professional support, reduces the risk of second -type diabetes by 31%. The results of the study are published in the scientific journal Annals of Internal Medicine.

The experiment included 4746 participants aged 55 to 75 years, suffering at the time of exploration or obesity, as well as had metabolic syndrome. At the same time, diabetes were not diagnosed in these patients. As noted in the study, one group adhered to the classic Mediterranean diet, the other fed as part of the same diet with a decrease in calorie content by 600 kcal per day, and the moderate physical activity and control of weight loss experts were associated with nutrition.

The study lasted for six years. It turned out that an integrated approach allowed to reduce the risk of diabetes by a third. Participants in this group lost an average of 3.3 kg and reduced the waist by 3.6 cm, and in the control group the changes amounted to 0.6 kg and 0.3 cm, respectively.

The authors of the study claim that the combination of diet, physical activity and reduction of calorie content prevents about three cases of diabetes for every 100 people, which significantly improves public health.