

Adherence to Mediterranean Diet May Ward Off Diabetes

A new research suggests that people who eat a Mediterranean-style diet are less likely to develop new-onset diabetes.

Results from this analysis were published online on May 30, 2008 in *BMJ* — suggest that the benefits of a Mediterranean diet may be especially pronounced in people who are at higher risk of developing diabetes due to weight, family history, blood pressure, or other factors.

There is a substantial protection against diabetes can be obtained with the traditional Mediterranean diet, rich in olive oil, vegetables, fruits, nuts, cereals, legumes, and fish but relatively low in meat and dairy products. While earlier research has established a link between the Mediterranean diet and reduced risk of metabolic syndrome, only one other major study has found that adhering to such a diet may reduce the risk of developing diabetes.

The Mediterranean diet has previously been demonstrated to reduce the risk for myocardial infarction and coronary mortality.

It can also reduce the risk for the development of the metabolic syndrome, and a previous study of patients with existing cardiovascular disease demonstrated that the Mediterranean diet could reduce the risk for incident diabetes in this population.

The current study examines the effects of the Mediterranean diet on the risk for incident diabetes among a cohort of healthy young adults.