

## Whole Grain, Bran Intake Linked to Lower Mortality in Diabetic Women

Whole grain and bran intake are linked to lower mortality rates in women with type 2 diabetes, according to the results of a study reported online May 10 in *Circulation*. This is the first study of whole grain and its components and risk of death in diabetic patients. Patients with diabetes face 2 to 3 times the risk of cardiovascular disease and premature death compared to the general population.

As part of the Nurses' Health Study, 7822 US women with type 2 diabetes mellitus completed regularly administered questionnaires evaluating dietary intakes and potential confounders. During follow-up lasting up to 26 years, there were 852 all-cause deaths and 295 cardiovascular deaths.

Compared with the lowest fifths of intakes of whole grain, cereal fiber, bran, and germ, the highest fifths were associated with 16% to 31% lower all-cause mortality rate, after adjustment for age. However, only the association for bran intake remained significant after further adjustment for lifestyle and dietary risk factors ( $P$  for trend = .01). Across the fifths of bran intake, the multivariate relative risks were 1.0 (reference), 0.94 (95% confidence interval [CI], 0.75 - 1.18), 0.80 (95% CI, 0.64 - 1.01), 0.82 (95% CI, 0.65 - 1.04), and 0.72 (95% CI, 0.56 - 0.92).

Bran intake was also inversely associated with cardiovascular mortality, with relative risks across the fifths of bran intake being 1.0 (reference), 0.95 (95% CI, 0.66 - 1.38), 0.80 (95% CI, 0.55 - 1.16), 0.76 (95% CI, 0.51 - 1.14), and 0.65 (95% CI, 0.43 - 0.99;  $P$  for trend = .04). For added bran alone, findings were similar. These findings suggest a potential benefit of whole grain, and particularly bran, in reducing death and cardiovascular risk in diabetic patients.

### References:

*Circulation*. Published online May 10, 2010.