HEALING WITH WHOLE GRAINS

A 2007 study in the European Journal of Clinical Nutrition suggests that eating whole grains may help prevent obesity and diabetes. Researchers studied men and women aged 55 to 69 years and found that those who ate more whole grains had lower body mass and reduced risk of overweight and obesity. Similarly, a 2002 study published in the American Journal of Clinical Nutrition compared the risk of type 2 diabetes among men who ate whole grains with those who ate refined grains, reporting that "in men, a diet high in whole grains is associated with a reduced risk of type 2 diabetes." — Crystal Auffray

CINNAMON HELPS DIABETES

Spices and botanical products and culinary and medicinal herbs can be helpful in improving heart health of people with diabetes. According to a study published in a 2003 issue of Diabetes Care, adding from one-quarter to one teaspoon (1 to 6 g) of cinnamon to a daily diet is effective in reducing the levels of blood glucose and cholesterol in type 2 diabetics. The findings also suggest that cinnamon "may be beneficial for the remainder of the population to prevent and control elevated glucose and blood lipid levels." — CA