

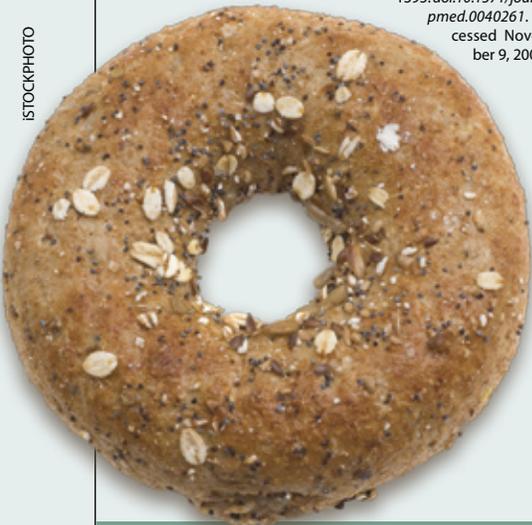
DIABETES

Whole Grain Intake Reduces Risk of Type 2 Diabetes

A recent study funded by the National Institutes of Health tracked the diets and health of 161,737 women participating in the Nurses' Health Studies I and II. It turned out that those who made whole grain foods a big part of the menu had the lowest risk of type 2 diabetes. The researchers then conducted a meta-analysis to combine the results of five previous studies. On average, every serving of whole grains that is part of a person's daily diet cuts diabetes risk by about 10 percent. Whole grains include such foods as whole wheat, rolled oats, brown rice, buckwheat, and quinoa.

De Munter JSL, Hu FB, Spiegelman D, Franz M, van Dam RM. Whole grain, bran, and germ intake and risk of type 2 diabetes: a prospective cohort study and systematic review. *PLoS Med.* 2007;4(8):1385-1395. doi:10.1371/journal.pmed.0040261. Accessed November 9, 2007.

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WEIGHT CONTROL

Atkins Diet Harms Blood Vessels

Researchers at the University of Maryland Hospital in Baltimore compared three popular diets and their effects on health. The Atkins, South Beach, and Ornish diets were tested in 18 adults who completed one month on each diet. The Atkins diet, which derives about 50 percent of calories from fat, caused LDL, or "bad" cholesterol, to increase by an average of 15.4 points (mg/dL). The South Beach diet, a 30 percent fat diet, reduced LDL by 10.2 points, and the Ornish diet, which derives 10 percent of calories from fat, reduced LDL cholesterol by 25.5 points. In addition, the Atkins diet reduced blood vessel dilation and increased inflammation associated with blood clots, possibly causing long-term damage to blood vessels.



Miller M, Beach V, Mangano C, et al. Comparative effects of 3 popular diets on lipids, endothelial function and biomarkers of atherothrombosis in the absence of weight loss. Study presented at: American Heart Association's Scientific Session; Nov. 6, 2007; Orlando, Fla.

Carbohydrates Associated with Weight Control

In a review published in the *Journal of the American Dietetic Association*, an exercise physiologist at the University of Virginia assessed the effects of carbohydrate quantity and quality of weight control. The author found that the more carbohydrate the participants ate, the lower their body weight. Both whole and refined grains were found to be inversely related to body mass index, although this relationship was more

pronounced with whole grains. Reasons provided include the link between high-carbohydrate diets and improved dietary quality, especially higher intakes of dietary fiber. The author concludes that low-fat, high-fiber diets without emphasis on calorie restriction help sidestep adherence problems and may be best for overall health and weight control.

Gaesser GA. Carbohydrate quantity and quality in relation to body mass index. *J Am Diet Assoc.* 2007;107:1768-1780.

OBSTETRICS

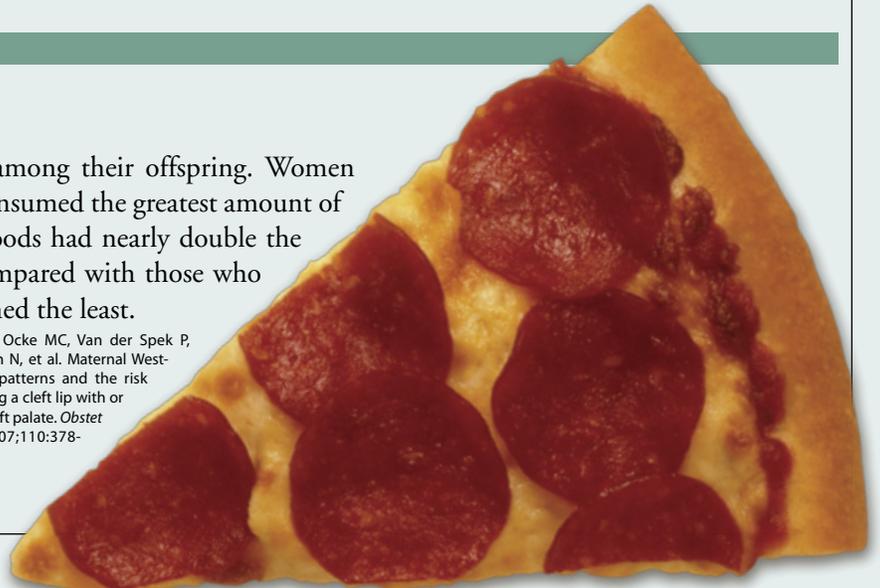
Western Diet Linked to Birth Defects

A new study from the Netherlands that analyzed the diets of 381 mothers found that a Western diet may be linked to birth defects. Those women with a "Western dietary pattern," characterized by high intakes of organ meat, red meat, processed meat, pizza, legumes, potatoes, French fries, condiments, and mayonnaise but low intakes of fruits had a higher risk of a cleft lip or cleft

palate among their offspring. Women who consumed the greatest amount of these foods had nearly double the risk compared with those who consumed the least.

Vujkovic M, Ocke MC, Van der Spek P, Yazdanpanah N, et al. Maternal Western dietary patterns and the risk of developing a cleft lip with or without a cleft palate. *Obstet Gynecol.* 2007;110:378-384.

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