

Genetic Science Spotlight

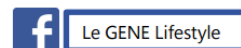
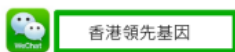
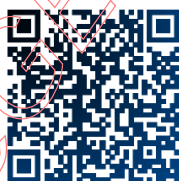
Harvard: Low-Gluten Diet Raises Diabetes Risks



The Harvard T.H. Chan School of Public Health recently presented a review pooling observation data of three cohort studies, involving over 200,000 cases in 3 decades, and reported that low-gluten diet has shown association with elevated risks for type 2 diabetes. Gluten consumption, where the major dietary sources being pastas, cereals, pizza, muffins, pretzels, and bread, was validated using food-frequency questionnaires every 2 to 4 years during the thirty-year follow-up. The average daily consumption of gluten were 5.8 g/d, 6.8 g/d, and 7.1 g/d in three subgroups, respectively. While most participants had gluten intake no more than 12 g/d, researchers found that the highest 20 percent of gluten consumption had a 13 percent lower risk of developing Type 2 diabetes in comparison to those with the lowest daily gluten consumption (approximately fewer than 4 grams). This result was presented at the American Heart Association.

http://circ.ahajournals.org/content/135/Suppl_1/A11

You are welcome to contact us for more information!



©Copyright 2012-2017 Le GENE Limited | All Rights Reserved