

Whole-food, plant-based diet linked to type 2 diabetes remission

- New research shows that lifestyle intervention, including eating a whole-food, plant-predominant diet, could result in type 2 diabetes remission.
- Plant-predominant diets may help with the reversal of insulin resistance.
- Along with adopting healthier eating habits, weight loss, exercise, stress reduction, and avoiding alcohol can help treat diabetes.

Growing evidence supports the benefits of a whole-food, plant-based diet, which includes [reduced blood pressure](#), [lower cholesterol](#), improved heart health, and diabetes outcomes.

According to a new study published in the [American Journal of Lifestyle Medicine](#), following a lifestyle intervention that involved adopting a whole-food, plant-predominant diet, patients showed potential to achieve type 2 diabetes remission.

The researchers examined the health records of 59 type 2 diabetes patients from a cardiac wellness program between 2007 and 2021, who followed a whole-food, plant-based eating pattern. The average age of the patients was 71.5 years, ranging from 41 to 89 years.

These patients demonstrated noticeable improvements in [blood glucose control](#), and 37% of the individuals in the study achieved full diabetes remission.

Additionally, the study showed an average reduction of glucose-lowering medications among patients who implemented these changes in their lifestyles.

“This study demonstrates that high-fiber, low-fat plant-based diets can help achieve remission from [type 2 diabetes mellitus] in patients already receiving standard-of-care treatment. The study was unique because it did not require caloric restriction or fasting and had a primary endpoint of remission rather than improvement of diabetes.”

— [Dr. Caroline Messer](#), an endocrinologist at Northwell Lenox Hill Hospital, who was not involved in this study, speaking to *Medical News Today*

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