**Could eating raspberries help people with diabetes?**

Two new studies published in *Obesity[[1]](#footnote-1)* and *Annals of Nutrition and Metabolism[[2]](#footnote-2)* have suggested that eating raspberries could significantly help prevent and manage diabetes. The first study4 which investigated people with ‘pre-diabetes’ and insulin resistance, found that people who ate berries for breakfast had reduced glucose levels two hours later. Similarly, the second study5 also suggested that eating berries was linked to lower blood sugar levels.

Around 4.7 million people in the UK currently have diabetes and if nothing changes these figures are projected to rise to 5.5 million by 2030.[[3]](#footnote-3) Of those with diabetes in the UK, about 90% have type 2 diabetes. This is a condition in which the pancreas can fail to produce enough insulin - the hormone which regulates blood sugar levels.[[4]](#footnote-4) Prediabetes (borderline diabetes) is also on the rise, with growing numbers largely being driven by rising obesity rates.[[5]](#footnote-5)

**Dr Emma Derbyshire, Public Health Nutritionist and adviser to British Summer Fruits commented**: “These are very interesting trials both suggesting that raspberry consumption could be an important dietary component for those at risk of type 2 diabetes.

“We know that berries are low in calories and provide polyphenols making them an ideal breakfast component or snack. What we need now is more research along with information about how these findings could be used in practice, for example dietary strategies for those at risk of type 2 diabetes or advice on the best way to get five-a-day for those at risk of poor metabolic health.”

**ENDS**

1. [Xiao D](https://www.ncbi.nlm.nih.gov/pubmed/?term=Xiao%20D%5BAuthor%5D&cauthor=true&cauthor_uid=30767409) *et al.* (2019) Attenuation of Postmeal Metabolic Indices with Red Raspberries in Individuals at Risk for Diabetes: A Randomized Controlled Trial. [Obesity (Silver Spring)](https://www.ncbi.nlm.nih.gov/pubmed/30767409) 27(4):542-550. [↑](#footnote-ref-1)
2. [Schell J](https://www.ncbi.nlm.nih.gov/pubmed/?term=Schell%20J%5BAuthor%5D&cauthor=true&cauthor_uid=30763939) *et al.* (2019) Raspberries Improve Postprandial Glucose and Acute and Chronic Inflammation in Adults with Type 2 Diabetes. [Ann Nutr Metab](https://www.ncbi.nlm.nih.gov/pubmed/30763939) 74(2):165-174. [↑](#footnote-ref-2)
3. https://www.diabetes.org.uk/about\_us/news/new-stats-people-living-with-diabetes [↑](#footnote-ref-3)
4. https://www.diabetes.org.uk/diabetes-the-basics/what-is-type-2-diabetes [↑](#footnote-ref-4)
5. https://www.diabetes.co.uk/pre-diabetes.html [↑](#footnote-ref-5)