Nuts & Diabetes

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Nuts & Diabetes

- What type of sugar is in nuts?
- Are pistachio nuts good for people with diabetes?
- Do nuts have a glycemic index (GI) rating?
- Can people with diabetes (diabetics) eat nuts?
- Do nuts help insulin resistance?
- Do nuts contain sugar?
- Should pregnant and lactating women eat nuts?
- Are nuts good for blood glucose (blood sugar) levels?
- Do nuts have a Glycemic Index (GI)?
- Should people with diabetes eat nuts & what are the benefits?
Research on Nuts and Diabetes/Prediabetes. Improve your heart health. One study recruited over 7,000 participants with a high cardiovascular risk. A second study was designed to determine if mixed nuts or just your favorite nuts would be beneficial. Not all nuts are created equal—regarding diabetes, walnuts and pistachios are among the best studied. In fact, pistachios have been shown to lower the risk of diabetes in those already diagnosed with prediabetes.[7]

However, it is likely that mixed nuts or just your favorite nuts will be beneficial, so there is no need to worry about which specific nut is best—they are pretty much all great to include in your diet.