

Pistachio-supplemented diet beneficial in prediabetes

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Photo: Scott Bauer,
U.S. Dept of Agriculture

(HealthDay)—Pistachio consumption is associated with improvements in glucose and cardiometabolic parameters, according to a study published online Aug. 14 in *Diabetes Care*.

Pablo Hernández-Alonso, from the Universitari Hospital of Sant Joan de Reus in Spain, and colleagues recruited fifty-four individuals with prediabetes to consume one of two diets: a pistachio-supplemented diet (PD; including 57 g/day of pistachios) or a control diet (CD), each for four months in a crossover manner. The periods were separated by a two-week washout period.

The researchers found that after the PD diet versus the CD [diet](#), there

were significant decreases in fasting [glucose](#), insulin, and homeostasis model assessment of insulin resistance. With PD there were also significant decreases in other cardiometabolic risk markers, including fibrinogen, oxidized low-density lipoprotein, and platelet factor 4 (P

"Chronic pistachio consumption is emerging as a useful nutritional strategy for the prediabetic state," the authors write.

The study was funded by American Pistachio Growers and Paramount Farms; one author disclosed being a member of the Scientific Advisory Council of the International Nut Council.

More information: [Abstract](#)
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