

Raspberries may aid glucose control with prediabetes

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(HealthDay)—Eating red raspberries may help with glucose control in

people with prediabetes, according to a small study published online Feb. 14 in *Obesity*.

Di Xiao, from the Illinois Institute of Technology in Chicago, and colleagues investigated the effect of red raspberry intake on meal-induced postprandial metabolic responses in 21 participants with overweight or obesity and prediabetes and [insulin resistance](#) (PreDM-IR) and in 11 metabolically healthy individuals. Participants were randomly assigned to either 0 g of frozen red raspberries (control), 125 g (about 1 cup) of frozen red raspberries (RR-125), or 250 g (about 2 cups) of frozen red raspberries (RR-250), with a challenge breakfast meal (high carbohydrate/moderate fat) on three separate days. Multiple [blood samples](#) were evaluated.

The researchers found that in the PreDM-IR group, breakfast containing RR-125 and RR-250 significantly reduced two-hour insulin area under the curve (AUC), while RR-250 reduced peak insulin, peak glucose, and two-hour glucose AUC versus the control group ($P < 0.05$). There were no significant meal-related differences for [oxidative stress](#) or inflammatory biomarkers.

"Our findings suggest that red raspberries aid in postmeal glycemic control in individuals with PreDM-IR, reducing glycemic burden with less insulin, which may be related to improved tissue [insulin](#) sensitivity," conclude the authors.

The study was funded by the National Processed Raspberry Council.

More information: [Abstract/Full Text \(subscription or payment may be required\)](#)

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