

Mediterranean eating plan may help keep T2DM patients off meds

2 August 2019



(HealthDay)—A Mediterranean eating plan (Med-EatPlan) plus extra virgin olive oil (EVOO) may delay the need for first glucose-lowering medication among participants with type 2 diabetes, according to a study published in the August issue of *Diabetes Care*.

F. Javier Basterra-Gortari, M.D., Ph.D., from the University of Navarra in Pamplona, Spain, and colleagues randomly assigned 3,230 [participants](#) from the Prevención con Dieta Mediterránea (PREDIMED) trial with type 2 [diabetes](#) to the Med-EatPlan supplemented with EVOO, Med-EatPlan supplemented with mixed nuts, or a low-fat eating plan. Two outcomes were assessed: (1) introduction of the first glucose-lowering [medication](#) (oral or injectable) for participants on lifestyle management at enrollment and (2) insulin initiation.

After a median follow-up of 3.2 years, the researchers found that after adjustment for baseline characteristics and propensity scores, the

hazard ratios for starting a first glucose-lowering medication were 0.78 (95 percent confidence interval [CI], 0.62 to 0.98) and 0.89 (95 percent CI, 0.71 to 1.12) for Med-EatPlan + EVOO and Med-EatPlan + nuts, respectively, versus control. After a median follow-up of 5.1 years, the adjusted hazard ratios for starting insulin treatment were 0.87 (95 percent CI, 0.68 to 1.11) and 0.89 (95 percent CI, 0.69 to 1.14) for Med-EatPlan + EVOO and Med-EatPlan + nuts, respectively, versus the control eating plan.

"Our study results show that PREDIMED participants with type 2 diabetes who underwent an intervention with an energy-unrestricted MedEatPlan + EVOO had significantly lower rates of initiation of glucose-lowering medications," the authors write.

Several authors disclosed financial ties to the biopharmaceutical and nutrition industries.

More information: [Abstract/Full Text](#)

Copyright © 2019 [HealthDay](#). All rights reserved.

APA citation: Mediterranean eating plan may help keep T2DM patients off meds (2019, August 2) retrieved 13 November 2019 from <https://medicalxpress.com/news/2019-08-mediterranean-t2dm-patients-meds.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.