

CALIFORNIA RAISIN MARKETING BOARD

FOR IMMEDIATE RELEASE

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New Research Shows California Raisins Positively Impact Diabetic Nutrition

FRESNO, Calif., August 5, 2015 – New research announced today at the American Association of Diabetes Educators Annual Meeting suggests that California Raisins — an all-natural, dried-by-the-sun, no-sugar added fruit — can positively affect glucose levels and systolic blood pressure among people with Type 2 diabetes mellitus (T2DM).¹

“Raisins are excellent food choices for most individuals, including those with Type 2 diabetes mellitus (T2DM),” said James W. Anderson, MD, Professor of Medicine and Clinical Nutrition, Emeritus, University of Kentucky.

In 2014, the Centers for Disease Control reported that 29.1 million Americans have diabetes. That accounts for 9.3 percent of the U.S. population, and nearly 30 percent of these are undiagnosed cases. Additionally, another 86 million Americans are thought to have pre-diabetes.² Given the magnitude of the diabetes problem, and knowing that the nutritional quality of foods is one factor that influences glucose levels and cardiovascular disease risk among patients with T2DM, a first-of-its kind study was conducted with California Raisins and patients with T2DM.³

This new 12-week study among 51 individuals with T2DM found that regular consumption of raisins — as compared to a variety of snack crackers — positively impacted both glucose levels and systolic blood pressure. The research, published in *The Physician and Sportsmedicine* journal, revealed study participants who consumed one ounce of raisins three times a day for the duration of the study, as compared to a group that ate a comparable amount of snack crackers, were shown to have:

- 23 percent reduction in postprandial (post-meal) glucose levels
- 19 percent reduction in fasting glucose
- A significant reduction (8.7 mmHg) in systolic blood pressure

These recent findings build on previous research announced at the American College of Cardiology’s Annual Scientific Session in 2012. In the early study, 46 men and women with pre-hypertension were randomly assigned to snack on raisins or pre-packaged commercial snacks that did not contain raisins or other fruits or vegetables, three times a day for 12 weeks. The results indicated that eating raisins three times per day:

- May significantly lower blood pressure among individuals with pre-hypertension when compared to other popular snacks.⁴
- May significantly lower postprandial (post-meal) glucose levels when compared to other popular snacks of equal caloric value.⁵

Both studies were conducted at the Louisville Metabolic and Atherosclerotic Research Center (L-MARC) by Harold Bays, MD, medical director and president of L-MARC.

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Visit www.LoveYourRaisins.com for more information about both studies, diabetic-friendly recipes and more.

About the California Raisin Marketing Board

A State Marketing Order in 1998 created the California Raisin Marketing Board and it is 100-percent grower funded. Its mission is to support and promote the increased use of California-grown raisins and sponsor crop production, nutrition and market research. For more information about the California Raisin Marketing Board, visit www.LoveYourRaisins.com.

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1,3 Bays, H., et. al. A Randomized Study of Raisins Versus Alternative Snacks On Glycemic Control and Other Cardiovascular Risk Factors in Patients With Type 2 Diabetes Mellitus. *The Physician and Sportsmedicine*; 2015.

1,3 Anderson, J.W. et. al. Raisins Compared with other Snack Effects on Glycemia and Blood Pressure: A Randomized, Controlled Trial. *Post grad Med* 2014;126:37-43.

2 Centers for Disease Control and Prevention. National diabetes statistics report: estimates of diabetes and its burden in the United States, 2014. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2014.

4 Bays, H., et. al. Raisins and Blood Pressure: A Randomized, Controlled Trial. Poster session presented at: American College of Cardiology's 61st Annual Scientific Session; 2012 March 24- 27; Chicago, IL.

5 Bays, H., et. al. Raisins and Blood Glucose: A Randomized, Controlled Trial. Poster session presented at American Diabetes Association's 72nd Annual Scientific Session; 2012 June 8-12; Philadelphia, PA.



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