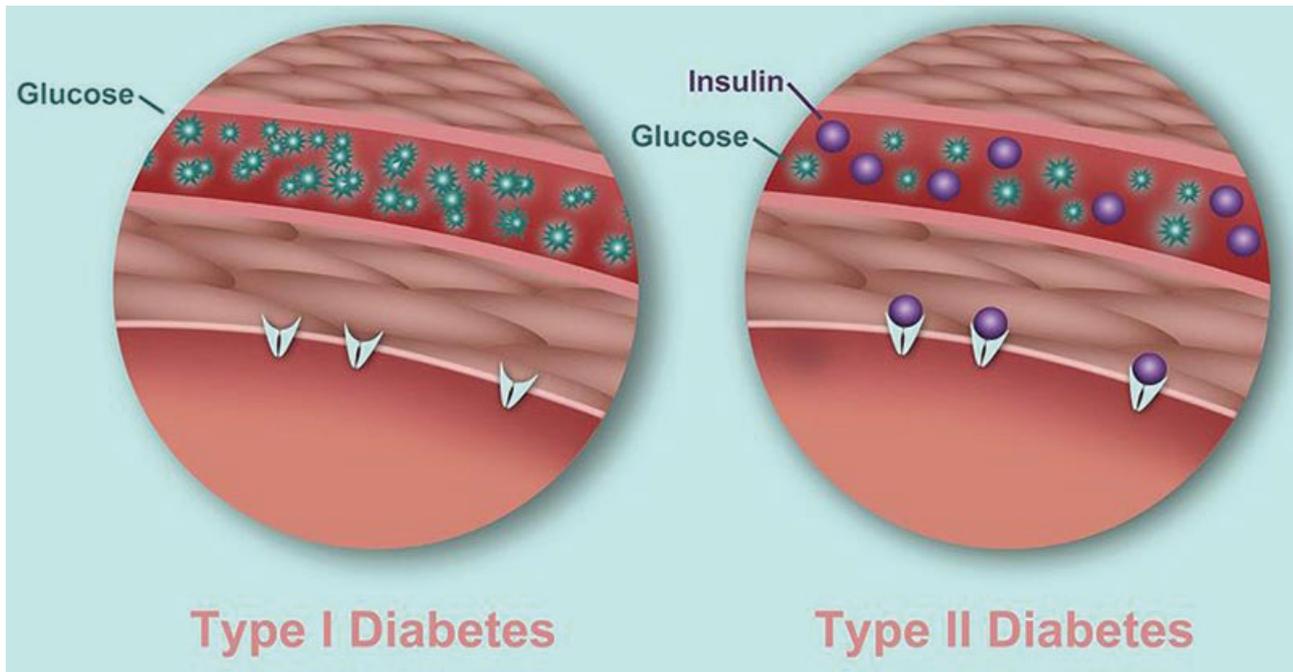


Cashew & Diabetes



Diabetes Mellitus (DM) commonly known as diabetes is a group of metabolic disorders. Diabetes is normally an in-terminable illness. In a diabetic patient, there are abnormal values of sugar in blood. People may face high blood glucose, either because of insulin creation deficiency or the body's response system. People with high glucose or diabetes will frequently urge to pee. They will dehydrate soon and feel hungry frequently. There are three types of diabetes;

- Type-1 Diabetes
- Type-2 Diabetes
- Gestational Diabetes

Are Cashew Nuts good for Diabetes?

Cashew nuts are best source of high fats. Around 75% of the fat in cashew is monounsaturated fats. Further, cashews contain oleic acids. When monounsaturated fats are ingested these fats help to bring down the high triglyceride

levels. These triglycerides are the reason of developing diabetes.

One-ounce cashews contain 9.3g of starches and 0.9g of fiber, which is equal to 8.4g of sugar or a large bread slice. A cup of cashews contains 44.8g of starches and 4.1g of fiber, which is equal to 40.7g of sugar or three large bread slices.

Cashews can control your glucose levels more than any other nuts. The rise in your glucose levels will rely upon the quantity you eat. Cashew nuts contain healthy fats. But these fats are considered as great and healthy fats. These fats are in a perfect proportion of 1:2:1 for saturated, monounsaturated, and polyunsaturated fat.

According to this proportion, cashew nuts are considered low-fat nuts. These nuts contain less fat per serving than other nuts like walnuts, almonds, pecans, and peanuts. These nuts are high in dietary fiber, which may have the



capacity to help in weight loss.

People with Type-2 diabetes frequently experience the ill effects of high triglyceride levels. High triglycerides increase the danger of coronary illness and diabetes. The monounsaturated fat in cashews is useful for people with Type-2 diabetes.

Cashew nuts when added in eating routine, helps to reduce diabetes. Cashews help to lower glucose levels after three hours of eating. Cashew nuts may offer anti-hyperglycemic benefits.

What kind of sugar is found in cashew nuts?

For diabetic patients eating any kind of sugar is prohibited. Low sugar profile healthy foods are allowed in moderate quantity. Nuts are also considered a low-sugar profile healthy food. Cashew nuts normally contain sugars as sucrose. Sucrose is healthy for diabetic patients.

Nuts are seeds, the sucrose in these provide vitality when the seed sprouts. It is when vitality is expected to deliver a root and shoot for another nut tree to develop.

Different nuts normally contain a modest 2 grams to 6 grams of sugars per 100 grams. There are some nuts which contain added sugars like honey and chocolate coated nuts or Vienna almonds. If you are diabetic patient keep away from these kinds of nuts. You need to add raw, unsalted, and unroasted nuts to your eating routine.

What is the GI rating of cashew nuts?

Just cashews and chestnuts have been tried for GI rating, because these are the main nuts that contain a lot of sugar. The GI rating of cashews is 25.

GI rating between 0 and 100 of anything considered low, if it is less than 55. Low GI foods cause a moderate ascent in blood glucose which are better Type-2 diabetes control.

GI is subject to the span of the food particles. Particles mean quick absorption rate and high GI rating. Cashew nuts in moderate quantity improves digestion and helps to control blood glucose. Nuts are an incredible evening tea snack. Further, they help controlling craving, keeping you feeling fuller for longer time. Adding nuts to your eating routine helps to improve your health conditions.

Source

https://www.nutsaholic.com/are-cashew-nuts-good-for-diabetics/?utm_source=rss&utm_medium=rss&utm_campaign=are-cashew-nuts-good-for-diabetics





Cashew Nut Consumption Increases HDL Cholesterol and Reduces Systolic Blood Pressure in Asian Indians with Type 2 Diabetes: A 12-Week Randomized Controlled Trial

The study was carried out by the Madras Diabetes Research Foundation and other associations in a 12-week trial.

Regular consumption of cashew nuts may actually be beneficial for health, including for those who are suffering from type 2 diabetes, according to a recent study published in the Journal of Nutrition.

The experimental group which also had diabetic patients, were given 30 gm of raw cashew nuts every day. The control group who were suffering from diabetes were asked to continue their normal diet.

After 12 weeks, in the experimental group there was significant decrease in systolic blood pressure and there was also a significant increase in good cholesterol levels.

The study is a revelation for doctors as earlier it was believed that all nuts were bad as they contain quite a lot of calories. It was generally believed that nuts, especially cashew, increase the risk of obesity and high blood cholesterol.

terol. But during the last decade, a lot of these myths have been busted.

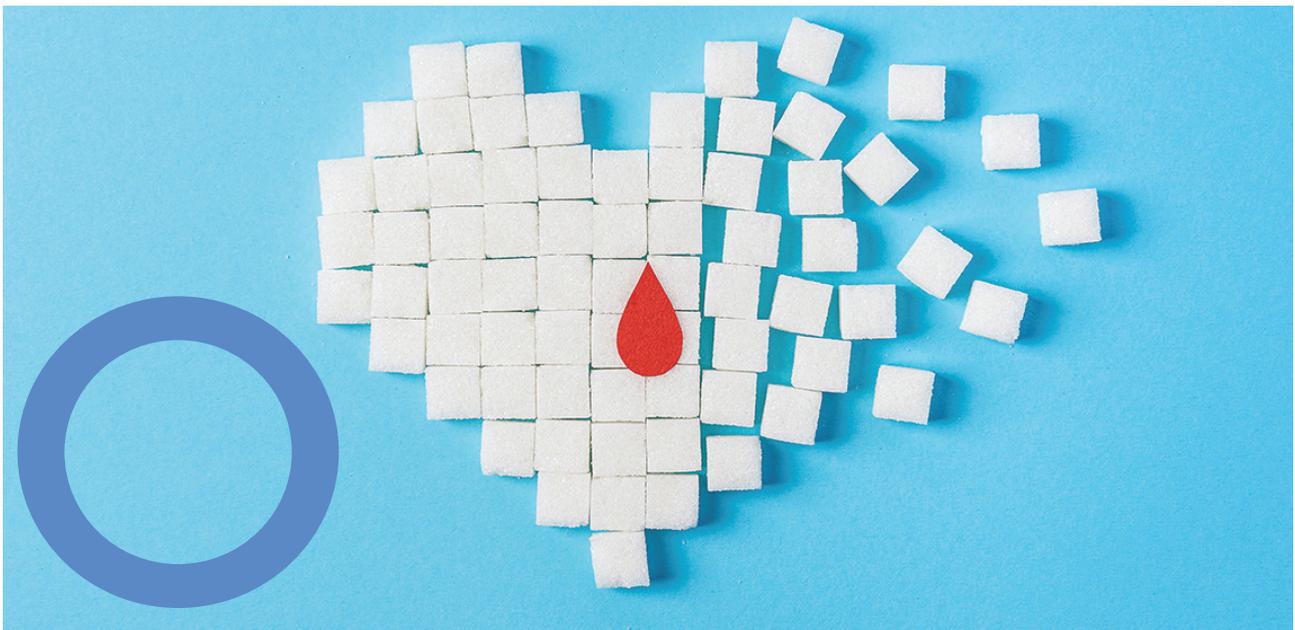
Cashew nuts are generally not recommended by nutritionists and doctors in India. Dr V. Mohan, chief of diabetes research says there were very few studies on cashew nuts particularly in Indians and none in people with diabetes. "For this reason, we took up a large randomised clinical trial. The effect of the nut consumption was seen on body weight, haemoglobin and lipid profile."

Source: <https://academic.oup.com/jn/article/148/1/63/4823695>.

Cashew seeds can help fight against diabetes— A clinical research

Research into the effects of cashew seed extract have found that it can stimulate muscle absorption of glucose needed for energy, making the seed potentially useful for the treatment of diabetes. The study showed how cashew seed from the bark, apples, leaves and seeds of the tree has great potential for developing nutraceuticals and has anti-diabetic properties that could help those with the metabolic condition.

The cashew seed is the nut that grows at the end of the apple, and contains oleic acid the healthy ingredient in olive oil, as well as minerals like copper, zinc, phosphorous and magnesium which can reduce the risk of the metabolic



syndrome that contributes to diabetes development. It also contains B vitamins, is a source of protein and fibre, is full of antioxidants and low in saturated fat, and also has anti-inflammatory properties. The research is ensuring the health benefits of cashew seed are becoming better known.

Pierre Haddad, senior author of the study, said "Of all the extracts tested, only cashew seed extract significantly stimulated blood sugar absorption by muscle cells. Extracts of other plant parts had no such effect, indicating that cashew seed extract likely contains active compounds, which can have potential anti-diabetic properties."

It is hoped the research will lead to new diabetes treatments from the cashew seed extract as a potential anti-diabetic nutraceutical.

Source

<https://www.diabetes.co.uk/news/2010/jul/cashew-seeds-can-help-fight-against-diabetes-94654599.html>

A word of caution

Not all kind of nuts are good to eat and provide advantages to people with diabetes. You need to stay away from salted nuts, because the high sodium intake may create complications. Cashew nuts can help enhance the proportion of HDL to LDL cholesterol. Further it helps to lower the danger of coronary illness.

Cashew nuts can be added to any eating routine. They can provide a decent value of protein and nutrients to diabetic patients. To stay away from high calorie consumption, limit the serving of cashews to one ounce. Cashew nuts are a good snack for any time. Eat them raw or add them to your cooking and baking products. They are easily available in any supermarket and online. People with diabetes should not buy a pack of salted cashews, unsalted and raw cashews are best for diabetes.