

PRO1301: Effect of Pulses on Glycemic Control and Cardiovascular Risk Factors in Type 2 Diabetes: A Low Glycemic Index Study - Additional Analyses

Pulses have only a modest effect in raising blood glucose after they are consumed and are considered to have a low glycemic index. However few studies have looked at the effect of feeding pulses to individuals with diabetes to determine if they help control blood glucose levels and decrease risk of developing heart disease, a common condition in diabetes. The current study found that pulses improved blood glucose control in type 2 diabetes and also decreased the risk of heart disease and lowered blood pressure. A systematic review of the scientific literature has also found that pulses significantly lower blood pressure in individuals with and without hypertension, lowers levels of LDL (bad) cholesterol, increases the feeling of fullness after eating, and helps maintain a healthy body weight.