

BARLEY AND DIABETES

Take control with good nutrition

National Barley Foods Council
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DIABETES FACTS

- Nearly 24 million Americans have diabetes.
- An additional 57 million adults aged 20 or older have pre-diabetes or higher-than-normal blood glucose levels.
- Type 2 diabetes is the most common form of the disease, accounting for 90 to 95% of all diagnosed cases.
- Type 2 diabetes means that the body does not make or use insulin well, resulting in high blood sugar levels.

Source: National Diabetes Education Program

THE POWER OF BETA-GLUCAN

Beta-glucan is a type of soluble fiber. When eaten, beta-glucan soluble fiber turns into a water soluble, non-digestible gel. This gel traps carbohydrates and slows glucose absorption. This action helps to control blood sugar levels and keep them within a healthier range.

WHERE DOES BARLEY FIT IN?

Barley is an excellent food choice for those concerned about type 2 diabetes or pre-diabetes.

- Contains a high concentration of dietary fiber particularly beta-glucan soluble fiber.
- Scientifically proven to promote healthy blood sugar by slowing glucose absorption.
- Proven effective in reducing cholesterol, promoting healthy blood pressure and helping control weight, all conditions associated with diabetes

BARLEY TOPS OTHER GRAINS

When it comes to fighting type 2 diabetes and pre-diabetes, barley is the grain of choice. That's because all forms of barley (whole grain barley, pearl barley, flour, flakes and grits) contain beta-glucan soluble fiber in amounts that have a positive impact on improving blood glucose levels. Wheat, corn and rice do not contain beta-glucan.

THE GOOD NEWS

- Type 2 diabetes and pre-diabetes can be successfully managed and in some cases reversed.
- Making simple lifestyle choices can go a long way in controlling and even preventing type 2 diabetes and pre-diabetes.
- Losing weight, increasing physical activity and eating a diet lower in fat and sodium and rich in beta-glucan soluble fiber are effective in fighting type 2 diabetes and pre-diabetes.

BACKED BY SOLID SCIENCE

Journal of the American College of Nutrition, August 2006

- Research subjects who ate cookies and crackers made with barley flour enriched with beta-glucan soluble fiber experienced significant reductions in glucose and insulin responses compared to responses after eating the same products made with whole wheat flour.

Nutrition Research, December 2006

- Mildly insulin-resistant men who ate muffins containing barley beta-glucan soluble fiber experienced significant reductions in glucose and insulin responses, compared to responses after eating muffins made with corn starch.

Diabetes Research and Clinical Practice, August 2007

- Type 2 diabetics who consumed a healthy diet including pearl barley that supplied 18 grams of soluble fiber a day experienced a 30% decrease in average blood glucose levels.

For more information on barley nutrition, recipe ideas and tips on finding barley in commercially prepared foods, visit www.barleyfoods.org.