

## Cargill's Barliv™ barley betafiber proves helpful for individuals at risk for Type 2 diabetes

***Study to be presented at the American Dietetic Association's 2011 Food & Nutrition Conference & Expo***

**MINNEAPOLIS – Sept. 7, 2011** – Dietitians who see clients with pre-diabetes (who are at an increased risk of developing Type 2 diabetes) can learn more about how Barliv™ barley betafiber can help address this issue at a poster session on Monday, Sept. 26, during the American Dietetic Association's 2011 Food & Nutrition Conference & Expo in San Diego, Calif. The latest research on Barliv™ barley betafiber, titled *Dietetics Practice: Maintaining Weight in a Clinical Trial Testing a Nutritive Beverage in Subjects at High Risk for Type 2 Diabetes*, will be presented and focuses on the dietary research within the trial. The full peer-reviewed paper was recently published in *Nutrition and Metabolism*.

The 12-week randomized, placebo controlled, double blind, clinical trial assessed the impact of barley b-glucan (Barliv™ barley betafiber) on glucose levels and insulin sensitivity. Because weight changes can impact both of these variables, the researchers took steps to ensure that the 50 healthy participants – each at risk for type 2 diabetes mellitus – kept their weight constant during the trial period. Participants consumed three low-dose (three grams Barliv™ barley betafiber/day) or high-dose (six grams Barliv™ barley betafiber/day) 11-ounce test beverages each day with their meals. The findings suggest that six grams/day of Barliv™ barley betafiber over 12 weeks can improve insulin sensitivity among generally healthy people with pre-diabetes, who have no prior diagnosis of diabetes mellitus.

“Type 2 diabetes is a major national health concern which makes us enthusiastic about these findings,” said Lore Kolberg, associate director, Cargill Regulatory and Scientific Affairs. “Prior studies suggest that soluble fibers have a positive effect on glucose homeostasis. This most recent research further supports the benefit of such ingredients as Barliv™ barley betafiber for individuals with pre-diabetes who are trying to maintain healthy glucose and insulin levels.”

Developed by Cargill, Barliv™ barley betafiber is a natural soluble fiber made from barley and backed by a U.S. Food & Drug Administration( FDA) health claim\* for its cholesterol-lowering benefits. Research has concluded that Barliv™ barley betafiber significantly reduces LDL cholesterol and total cholesterol levels without adversely affecting HDL cholesterol.

Barliv™ barley betafiber is currently available in a variety of beverages, snacks and cereals in Europe. Look for U.S. product launches in the near future. For additional information, visit [www.barliv.com](http://www.barliv.com).

***\*FDA Authorized Health Claim: Diets low in saturated fat and cholesterol that include 3 grams per day of beta-glucan soluble fiber from barley betafiber may reduce the risk of heart disease.***