

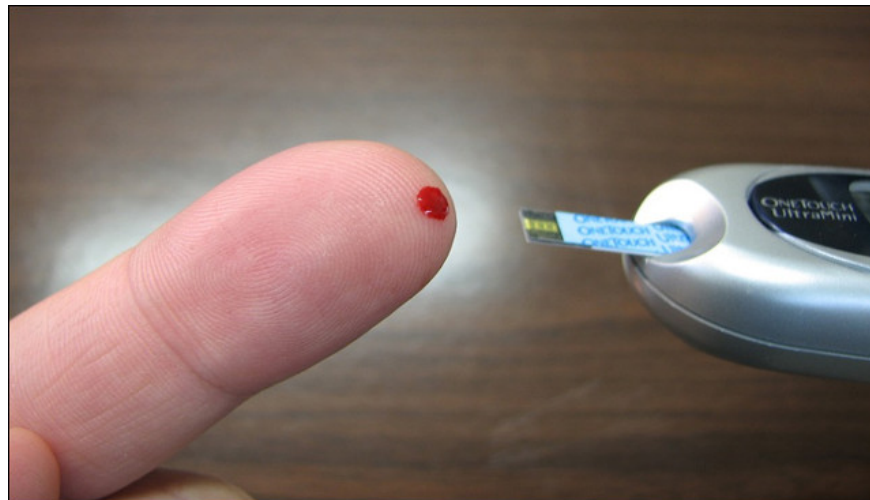
Foods rich in antioxidants may reduce the risk of type 2 diabetes

A new study shows that people who consume antioxidant-rich foods may reduce the risk of type 2 diabetes.

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This new study confirms that fruits, vegetables, dark chocolate, walnuts, plums, blueberries, strawberries or jam and other hot drinks such as coffee and tea have sufficient levels of high oxidation. Essential for controlling diabetes.

In addition, moderate alcohol consumption increases the risk of diabetes.



"This link has existed after considering all other risk factors related to diabetes: smoking, education, high blood pressure, high cholesterol, and a family history of diabetes. and above all BMI (Body Mass Index) - Francesca Romana Mancini, the main author of research and researcher at the French Institute of Health and Medical Research.

Scientists studied over 64,223 women in 15 years. All participants did not suffer from diabetes at the time of the study.

Researchers have prepared a database that calculates each participant's "overall antioxidant capacity" based on their response to different food items.

The study published in Diabetologia, the journal of the European Diabetes Research Association, shows that the risk of diabetes has decreased with increased consumption of oxidants among participants.

Women with the highest levels of antioxidants have a 27% lower risk of diabetes than those with the lowest levels.

Another study published in the journal Cell Metabolism mentioned that even low diets can reverse the risk of type 2 diabetes.

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