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ASN PROMOTES NUTRITION TO ADDRESS GROWING DIABETES RATES

June 25, 2008— The Centers for Disease Control and Prevention recently announced that diabetes affects nearly 24 million people in the U.S., an increase of more than 3 million in 2 years. According to the American Society for Nutrition (ASN), these estimates could be reduced through improved nutrition, which is closely linked to prevention and management of diabetes.

“Proper nutrition is a key component to preventing and managing diabetes,” said ASN President James Hill, PhD. “We recommend higher intakes of fruits and vegetables, healthy dietary fats and plant foods to improve blood chemistry and reduce body weight.”

In 2002, the Diabetes Prevention Program (DPP), funded by the National Institute of Diabetes and Digestive and Kidney Diseases, showed that an intensive lifestyle intervention that included medical nutrition therapy, weight loss of 5-7 percent, and exercise was more effective in preventing the progression from prediabetes to diabetes than drug therapy alone. To learn more about this nutrition breakthrough, please visit [xxxx](#).

The American Journal of Clinical Nutrition frequently features current research on diabetes. Most recently, published studies evaluated the role of glycemic index and glycemic load in prediabetes and diabetes, and looked at the effect of protein consumption on type 2 diabetes. To search for diabetes-related studies, visit www.ajcn.org.

*The American Society for Nutrition is the preeminent professional organization for nutrition research scientists and clinicians around the world. ASN is dedicated to bringing together the top nutrition researchers, medical practitioners, policy makers and industry leaders to advance our knowledge and application of nutrition. Founded in 1928, ASN publishes *The American Journal of Clinical Nutrition (AJCN)* and *The Journal of Nutrition (JN)*. Visit ASN online at www.nutrition.org.*

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