

Eating strawberries every day helps lower risk of diabetes

Wed, 29 Jun 2011

In a timely new study published during Wimbledon fortnight, it has been claimed that eating a generous portion of **strawberries** every day can help to lower the risk of conditions such as type 1 and **type 2 diabetes**, **Alzheimer's disease** and maybe even cancer.

The research, by scientists at the Salk Institute for Biological Studies in San Diego, California, and which was published in the journal PLoS ONE, showed that a flavonoid called **fisetin**, which occurs naturally in strawberries and some other fruits and vegetables, helps to prevent these conditions from developing.

The research involved giving laboratory mice, which were genetically afflicted with high levels of **blood sugar**, the equivalent of 37 strawberries a day for humans. It was found that the mice exhibited less symptoms of **diabetes**, as well as inflammatory activity that is linked to **cancer**, and suggested that such a diet protected neurons in the brain to help prevent the onset of Alzheimer's disease.

It is also believed that fisetin could reduce **kidney problems** for people who have developed diabetes.

Researcher David Schubert commented "We screened a bunch of natural products ... and we found a few which work really well. And one of the best ones, if not the best one, is this fisetin molecule."

© DR. SHAHJADA SELIM