NOTE: 25-010



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| --- | --- |
| 1. | [Walnuts cut diabetes risk](#doc_id_1) Daily Mirror, November 24, 2015 Tuesday, NEWS; Pg. 24, 94 words |

|  |  |
| --- | --- |
| 2. | [A handful of walnuts a day lowers the risk of diabetes](#doc_id_2) Daily Mirror, November 24, 2015 Tuesday, NEWS; Pg. 22, 175 words, ANDREW GREGORY |

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1 of 4 DOCUMENTS

Daily Mirror

**November** 24, 2015 Tuesday

Edition 1;

Ireland

**Walnuts cut diabetes risk**

**SECTION:** NEWS; Pg. 24

**LENGTH:** 94 words

EATING **walnuts** every day cuts the chance of getting Type 2 **diabetes** for those at high risk of the disease.

A study of 112 at-risk people aged between 25 and 75 found half of them who were given 60g of nuts a day enjoyed improved **cholesterol** levels.

They also had stronger **blood vessel** cell walls, helping to prevent the illness, in the six-month research project.

Researchers noted **walnuts** are rich in essential fatty acids and nutrients, including folate and **vitamin E.** However, the study at Yale University found the nuts had no impact on blood pressure or sugar levels.

**LOAD-DATE:** November 24, 2015

**LANGUAGE:** ENGLISH

**PUBLICATION-TYPE:** Newspaper

**JOURNAL-CODE:** DMR

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2 of 4 DOCUMENTS

Daily Mirror

**November** 24, 2015 Tuesday

Edition 1;

National Edition

**A handful of walnuts a day lowers the risk of diabetes**

**BYLINE:** ANDREW GREGORY

**SECTION:** NEWS; Pg. 22

**LENGTH:** 175 words

EATING **walnuts** every day lowers the chance of developing Type 2 **diabetes** for those with a high risk of the disease.

People given 60g (2oz) of **walnuts** a day saw an improvement in **cholesterol** levels and the strength of **blood vessel** cell walls, helping prevent the illness.

Researchers studied 112 at-risk people aged between 25 and 75 over six months, with around half of them given. More than three million people in the UK have Type 2 **diabetes.**

It is the most common cause of vision loss and blindness in people of working age.

**Diabetes** is also responsible for most cases of kidney failure. **Walnuts** are rich in essential fatty acids and nutrients such as folate and **vitamin E,** the study suggested.

However, the nuts had no impact on blood pressure or blood sugar levels.

Dr David Katz, who led the research at Yale University, Connecticut, said: "Among members of the nut family **walnuts** have been found to be particularly promising in terms of **health** benefits."

The study was published in the journal BMJ Open **Diabetes** Research & Care.

andrew.gregory@mirror.co.uk

**LOAD-DATE:** November 24, 2015

**LANGUAGE:** ENGLISH

**GRAPHIC:** AID TO **HEALTH** A **walnut**

**PUBLICATION-TYPE:** Newspaper

**JOURNAL-CODE:** DMR

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