Does a walnut a day keep the diabetes doctor away?

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* **BY** [ANDREW GREGORY](http://www.mirror.co.uk/authors/andrew-gregory/)

## **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**

Eating [walnuts](http://www.mirror.co.uk/news/weird-news/handful-walnuts-day-could-keep-5759020) 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](http://www.mirror.co.uk/news/technology-science/walnuts-cuts-risk-of-breast-cancer-151229) 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.