Chickpeas: Chickpeas offer the potential for blood sugar control through low starch digestibility, high fiber, protein, and hormonal effects. Although insulin benefits are seen, statistical significance varies, supporting their role in diabetic diets focusing on nutrient-rich foods over processed carbs.

[Effectiveness of Chickpeas on Blood Sugar: A Systematic Review and Meta-Analysis of Randomized Controlled Trials - PMC (nih.gov)](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10647263/)

The study \*\*"Effectiveness of Chickpeas on Blood Sugar: A Systematic Review and Meta‑Analysis of Randomized Controlled Trials"\*\* provides a comprehensive analysis of chickpea consumption's impact on blood sugar regulation, particularly for individuals with type 2 diabetes. Here are the key findings relevant to whether chickpeas are suitable for type 2 diabetics:

### Main Findings:

1. \*\*Blood Sugar Control\*\*: The meta-analysis found that chickpeas significantly reduced blood glucose levels compared to several other carbohydrate-rich foods, such as wheat, potatoes, pasta, and rice. Specifically, chickpeas lowered postprandial blood glucose levels (iAUC) by around 20-75%, depending on the comparison food, with the highest reductions observed when compared to potatoes and pasta【44†source】.

2. \*\*Low Glycaemic Index (GI)\*\*: Chickpeas have a lower glycaemic index compared to many staple carbohydrate foods, meaning they cause a slower and more gradual rise in blood sugar. This makes them particularly beneficial for diabetics, as they help prevent sharp spikes in blood glucose levels【44†source】.

3. \*\*High Fibre and Protein Content\*\*: Chickpeas are rich in dietary fibre and protein, which further helps regulate blood sugar levels. Fibre slows down the digestion and absorption of carbohydrates, while protein can enhance satiety and reduce the need for frequent eating, which is beneficial for managing blood sugar【44†source】.

4. \*\*Insulin Response\*\*: Some studies indicated that chickpeas also improve insulin sensitivity, helping the body use insulin more effectively, although these effects were not always statistically significant across all studies【44†source】.

5. \*\*Second Meal Effect\*\*: An interesting finding was that chickpeas showed a "second meal effect," where they not only reduced blood sugar levels after the initial meal but also helped moderate blood glucose in the subsequent meal【44†source】. This is particularly advantageous for blood sugar management over longer periods.

### Conclusion:

Chickpeas are highly suitable for individuals with type 2 diabetes due to their low glycaemic index, high fibre, and protein content. They help reduce post-meal blood sugar spikes, improve overall glucose control, and may enhance insulin sensitivity. Incorporating chickpeas into a diabetic-friendly diet can be an effective strategy for managing blood sugar levels, especially when used to replace higher glycaemic index foods like potatoes, pasta, or rice. However, portion control remains important, as excessive carbohydrate intake from any source can still affect blood sugar.

This aligns well with the dietary recommendations for type 2 diabetics, which emphasize consuming foods with a low glycaemic index and high nutritional value, such as chickpeas.