



CALIFORNIA
TABLE GRAPE
COMMISSION

392 W. Fallbrook,
Suite 101
Fresno, California
93711-6150
phone: 559.447.8350
fax: 559.447.9184
grapesfromcalifornia.com

News Release

FOR IMMEDIATE RELEASE
April 10, 2015

Contact: Courtney Romano
courtneyromano@comcast.net

Grapes Show Potential Benefit for Pre-Diabetes *Grape intake helped improve glucose metabolism*

Fresno, CA – Consuming grapes helped improve glucose metabolism in an animal model of prediabetes, according to preliminary research presented recently at the Experimental Biology annual meeting in Boston, Massachusetts. Natural components found in grapes are thought to be responsible for these beneficial effects.

The study, undertaken by Virginia Polytechnic Institute and State University, investigated the mechanism by which grape consumption may help improve glucose control. The study looked at the acute impact of grapes on blood glucose when the beneficial activities of glucagon-like-peptide (GLP-1), a type of hormone known to improve insulin response after meals, is impaired. A reduced insulin response is partly responsible for high blood sugar levels.

The findings showed that grapes provided a distinct benefit. Specifically, the group that was administered freeze-dried whole grape powder was able to keep blood glucose levels stable, and effectively counteract the negative effect of the inhibited activities of the GLP-1 hormone. Conversely, in the group that did not receive grapes, blood glucose levels soared when the activities of GLP-1 were impaired.

“These findings demonstrate the potential for grapes to help prevent impaired glucose tolerance in a prediabetic population,” said lead investigator Andrew Neilson, Ph.D. “This could have important implications for public health, in which the incidence of prediabetes is on the rise, and more study in this area is needed.”

“Prediabetes” is defined as impaired glucose tolerance and other symptoms approaching clinically diagnosed diabetes. It is estimated that 35% of US adults, and 50% above the age of 65 are prediabetic, which is considered a major risk factor for the development of type 2 diabetes, a significant public health issue.

Experimental Biology is a multidisciplinary, scientific meeting focused on research and life sciences, covering general fields of study such as anatomy, biochemistry, nutrition, pathology and pharmacology. The meeting is comprised of nearly 14,000 scientists and exhibitors.

###