

Effect of Cashew Nut Supplementation on Body Weight, Glycemic and Lipid Profile in Asian Indian Adults with Type 2 Diabetes: A Randomized Controlled Trial



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**Key findings of the study Accepted for publication in
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After consuming 30g cashew nuts per day for 3 months.....



Key finding 1: No in Change in body weight, waist circumference and BMI

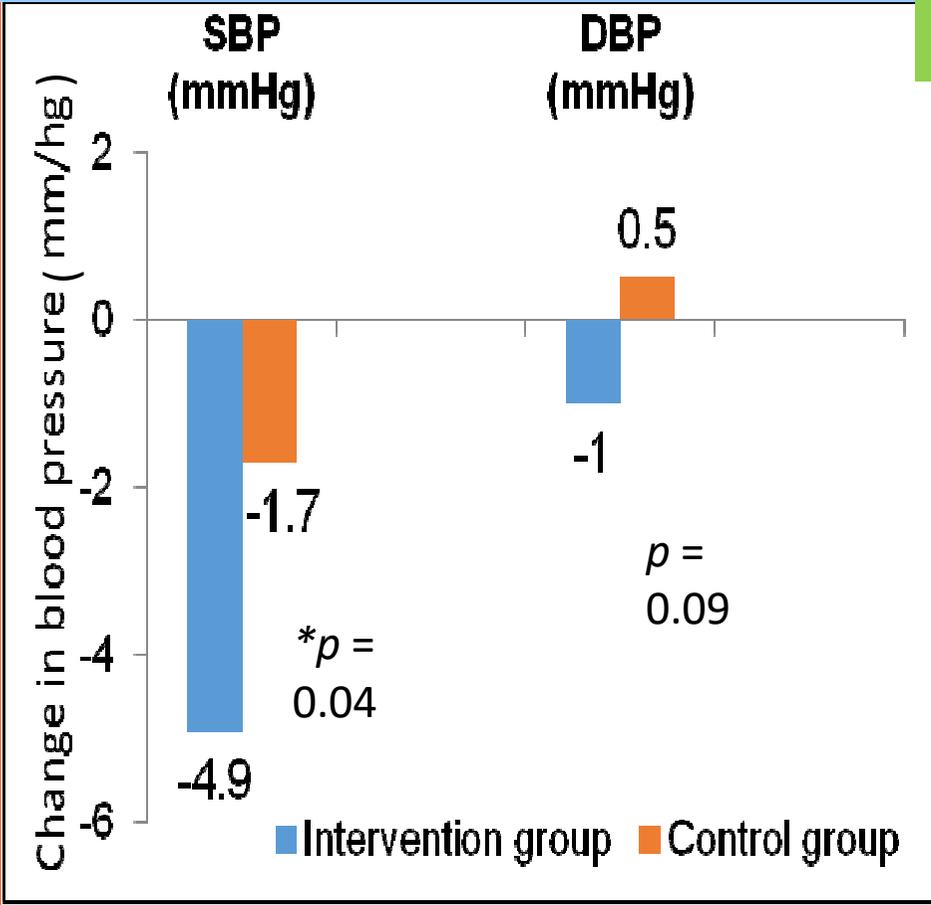
	Intervention (cashew group)		Control		P value for difference between intervention & control group
	Baseline (n=150)	12 weeks (n=129)	Baseline (n=150)	12 weeks (n=140)	
Body weight (kg)	68.3 (9.5)	67.9 (9.0)	67.1 (11.4)	67.2 (11.5)	0.07, NS
Body mass index (kg/m ²)	25.8 (3.0)	25.7 (2.7)	26.2 (3.8)	26.2 (3.9)	0.07, NS
Waist circumference (cm)	91.5 (8.0)	91.2 (7.9)	90.6 (9.1)	90.9 (9.3)	0.69, NS



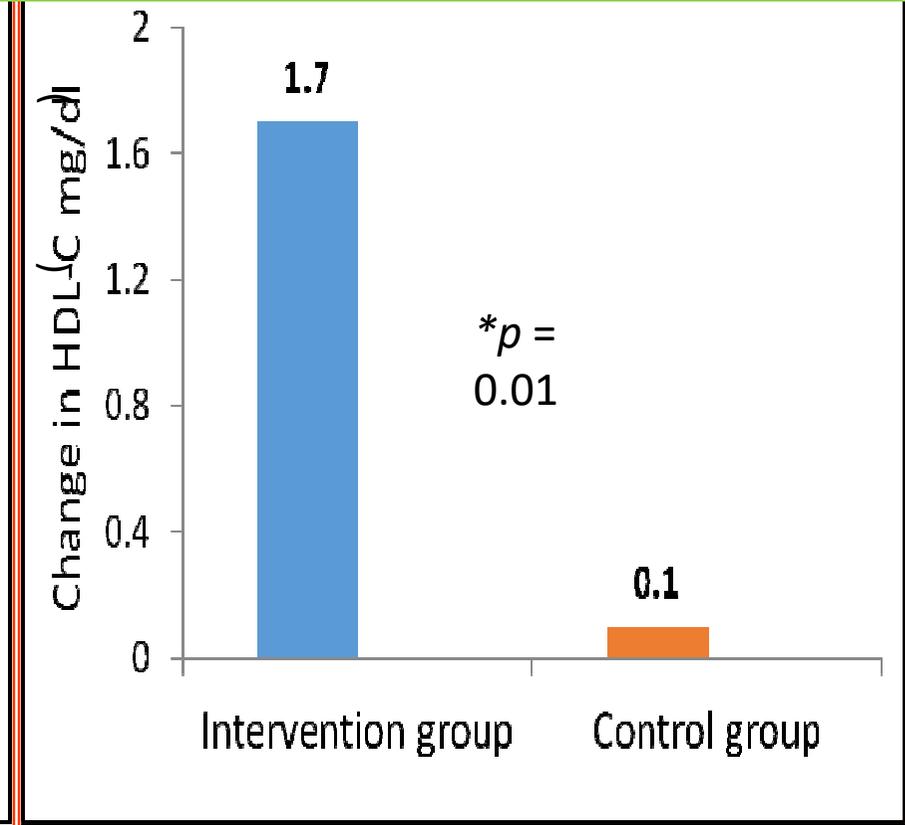
After consuming 30g cashew nuts per day for 3 months.....



Key finding 2: Significant reduction in systolic blood pressure



Key finding 3: Significant increase in HDL-cholesterol



SBP - Systolic blood pressure; DBP, Diastolic blood pressure

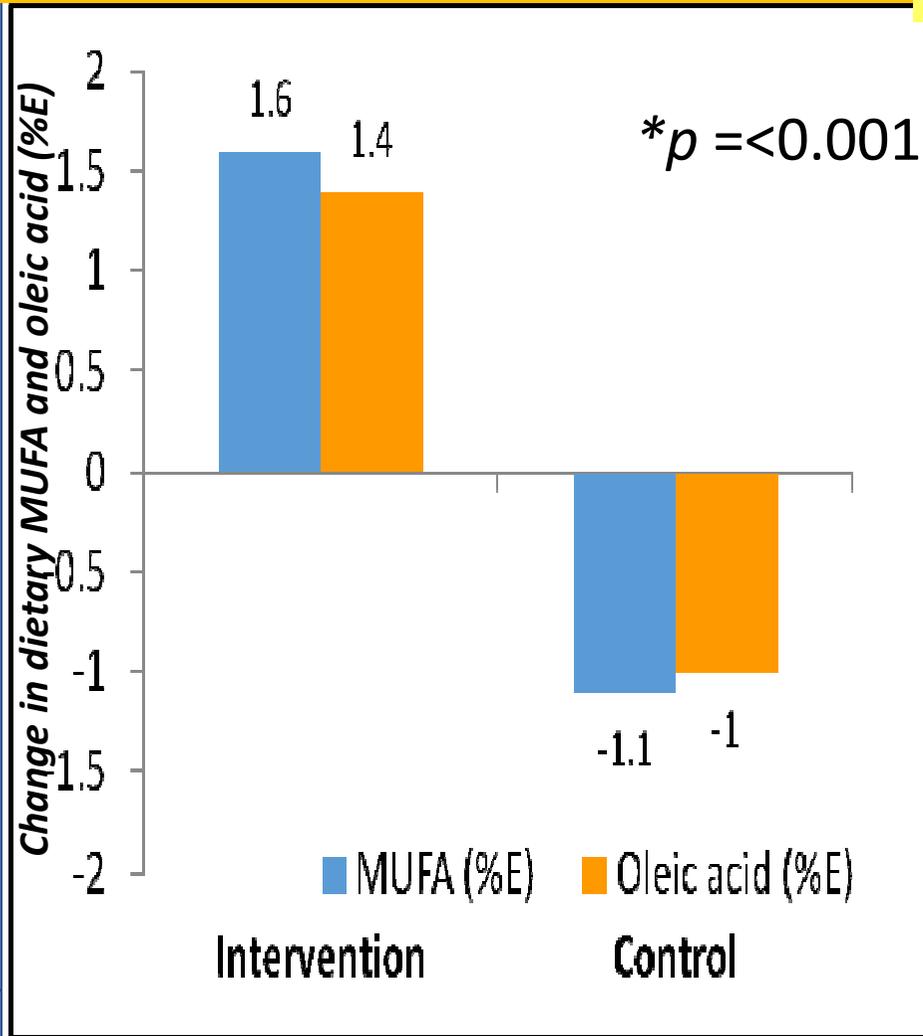
HDL-c, high density lipoprotein cholesterol



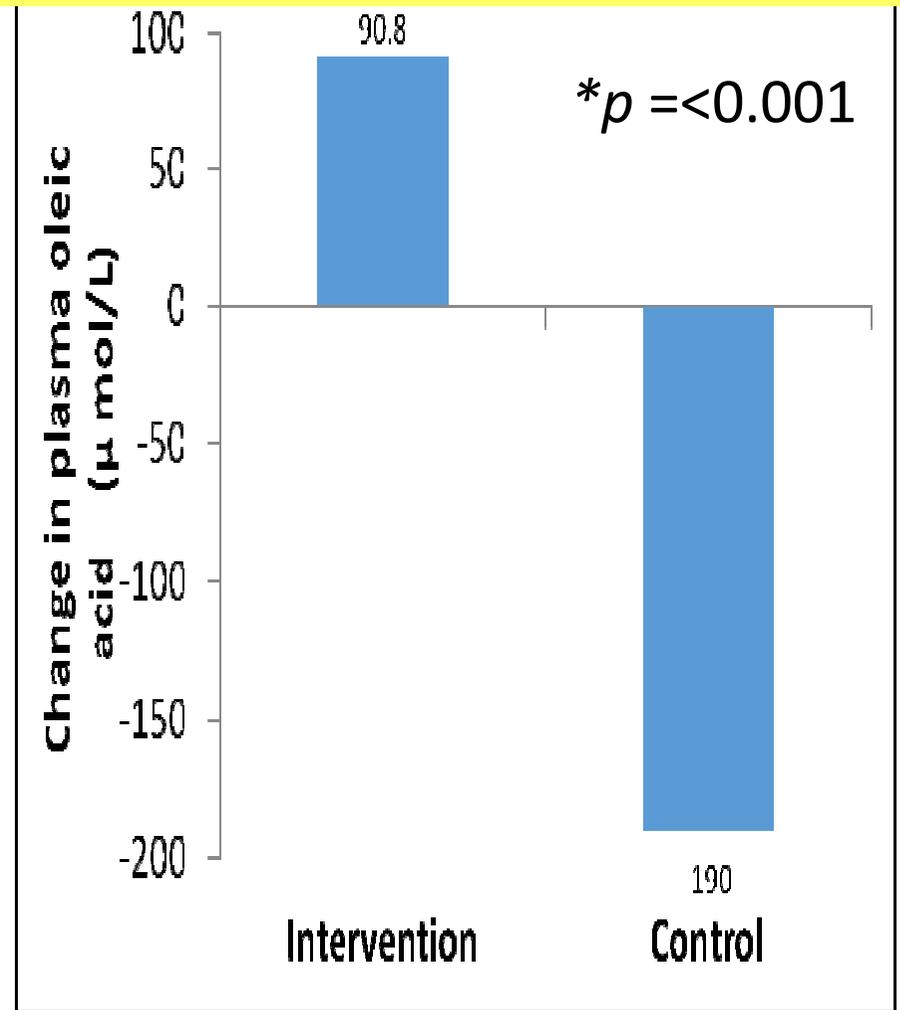
After consuming 30g cashew nuts per day for 3 months.....



Key finding 4: Increase in dietary MUFA and oleic acid (%E)



Key finding 5: Increase in plasma oleic concentration



Directions for future research

- **Studies on the effect of cashew nut consumption in population at risk for diabetes** (obese/overweight or prediabetes) would help to understand the preventive role of cashew nuts in Asian Indians
- **Cereal – cashew nut matrix** – newer avenues to develop products with lower the glycemic index
- **Development of FUNCTIONAL FOODS using cashew nuts**: crackers, snack bars, beverages, meal replacers, pasta products etc.. suitable for all including population with diabetes

THANK YOU

