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WHEY IMPROVES INSULIN RESPONSE IN TYPE 2 DIABETICS

In a study published in the *American Journal of Clinical Nutrition*, researchers evaluated whether supplementation of high-glycemic meals (GI) with whey proteins would increase insulin secretion and improve blood glucose control in type 2 diabetics.

Subjects with type 2 diabetes were served a high-GI breakfast and lunch supplemented with whey on one day, and lean ham and lactose on another day.

When whey was included in the meal, insulin responses were significantly higher for both breakfast and lunch than when it was not included. In addition, blood glucose response was significantly reduced after lunch with the inclusion of whey.

In type 2 diabetics, whey added to high-GI meals may increase insulin secretion and improve blood glucose clearance after a meal. This can be of significant benefit to those with reduced insulin secretion and/or compromised blood glucose regulation.

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