

Fasting diet to reduce risk markers of type 2 diabetes: Australian study

18 April 2023 | News

More than 200 participants recruited from South Australia in the 18-month study



More than 200 participants recruited from South Australia in the 18-month study

A fasting diet which focuses on eating early in the day could be the key to reducing the risk of developing type 2 diabetes. Researchers from the University of Adelaide and South Australian Health and Medical Research Institute (SAHMRI) compared two different diets: A time restricted, intermittent fasting diet and a reduced calorie diet to see which one was more beneficial for people who were prone to developing type 2 diabetes.

“Following a time restricted, intermittent fasting diet could help lower the chances of developing type 2 diabetes,” said senior author the University of Adelaide’s Professor Leonie Heilbronn, Adelaide Medical School.

It’s estimated that nearly 60 per cent of type 2 diabetes cases could be delayed or prevented with changes to diet and lifestyle.

“This is the largest study in the world to date and the first powered to assess how the body processes and uses glucose after eating a meal, which is a better indicator of diabetes risk than a fasting test. The results of this study add to the growing body of evidence to indicate that meal timing and fasting advice extends the health benefits of a restricted calorie diet, independently from weight loss, and this may be influential in clinical practice,” said Xiao Tong Teong, a PhD student at the University of Adelaide.

Further research is needed to investigate if the same benefits are experienced with a slightly longer eating window, which could make the diet more sustainable in the long term.