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FOR IMMEDIATE RELEASE

New Published Research Reveals a KAMUT® Khorasan Wheat-Based Replacement Diet Improves Risk Profile of Patients with Type 2 Diabetes

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Big Sandy, MT, February 2016 – The *European Journal of Nutrition* has just published the paper, "[A Khorasan Wheat-Based Replacement Diet Improves Risk Profile of Patients with Type 2 Diabetes Mellitus \(T2DM\): A Randomized Crossover Trial](#)". The study was conducted in Italy by the University of Florence in collaboration with the Careggi University Hospital of Florence. Results demonstrated a positive impact of KAMUT® Brand khorasan wheat products on blood insulin and glucose. Secondary prevention improvements, important in reducing the potential risk of vascular complications in type 2 diabetes patients, were also evident.

In the study, two different kinds of products were supplied to volunteers with type 2 diabetes – products made from ancient KAMUT® wheat and products made from modern wheat. Both the ancient wheat and modern wheat were grown organically. The study design was a randomized, double blind crossover trial with two intervention phases. Each participant was required to eat both the ancient and the modern wheat, but in two different time periods of eight weeks. Neither the participants nor the doctors knew what kind of wheat was eaten during each time period, and participants were not permitted to eat other wheat products during this time. They were instructed not to alter their dietary or lifestyle habits, nor change any use of medications they were taking. There was a washout period of eight weeks between the two trial periods. Blood analyses were performed at the beginning and at the end of each trial period.

The nutritional analysis found major differences between flour made with ancient KAMUT® khorasan wheat and modern wheat. A significantly higher antioxidant content (polyphenols and selenium), and a higher antioxidant power were found in the ancient wheat flour with respect to the modern wheat flour, as well as higher levels of minerals like magnesium, phosphorus, potassium, and zinc. Regarding the blood analysis, consumption of products made from KAMUT® wheat produced a significant improvement in several key markers in the blood, such as total cholesterol (-3.7%), LDL-cholesterol (-3.4%), glucose (-9.1%) and insulin (-16.3%), independent from age, sex, traditional risk factors, medication and eating habits. No significant effect was noted after the consumption of the modern wheat diet.

Other results indicated a better antioxidant status after the consumption of the KAMUT® wheat products compared to a significant decrease after the consumption of modern wheat products. A significant decrease in inflammatory markers was seen after eating the KAMUT® wheat products compared to a significant increase in inflammatory markers after eating modern wheat products. This is important as it may lead to the reduction of further vascular complications. It is also interesting to note that although all patients were on effective glucose lowering therapies, there was still an additional significant improvement in risk factors when a KAMUT® wheat diet was compared to a modern wheat diet.

“Medical research is focusing on lifestyle interventions in type-2 diabetes patients to reduce the risk of complications. One such lifestyle intervention relates to the role of diet, in particular the cereal component of the diet. Although initially viewed with

concern, the benefits of nutrient dense carbohydrates, such as those found in cereals, is now beginning to be appreciated,” said Bob Quinn, Ph.D, organic farmer and founder of Kamut International. “There are many long-term risks of low carbohydrate diets, which include mineral, vitamin and fiber deficiencies, and increased cardiovascular risk and related mortality. Although evidence is inconclusive for an ideal amount of carbohydrates in the diet of diabetics, as this study proves, it is certain that the beneficial effects attributable to carbohydrates are dependent on the quality of the source.”

This is the third in a series of human studies on non-infectious chronic diseases comparing the effects of diets based on ancient KAMUT® wheat compared to modern wheat. In a previous study about cardiovascular disease, it was shown that a KAMUT® wheat based-diet was able to reduce cholesterol, blood glucose, markers of inflammation, and increase antioxidant activity. Given that diabetics have increased cardiovascular risk, the aim of the present study was to investigate whether a replacement diet with products made from ancient KAMUT® wheat could provide additive protective effects to these people. This study further confirms that it does, and also confirms the previous research demonstrating the health-promoting benefits of organic ancient KAMUT® wheat, not seen in organic modern wheat.

According to the International Diabetes Federation, diabetes is one of the largest global health emergencies of the 21st century. It has risen to epidemic proportions worldwide: 415 million adults, or one in 11, have diabetes, and this number is estimated to increase up to 642 million adults, or one in 10, by 2040. Diabetes also has a substantial economic impact on countries and national health systems. The majority of countries spend between 5% and 20% of their total health expenditure on treatment of diabetes and related complications. With such a high cost, the disease is a significant challenge for healthcare systems and an obstacle to sustainable economic development.

Media interested in setting up an interview with Bob Quinn to discuss the latest study, as well as previously published studies and upcoming research plans, please contact Jillian Chertok, jillian@adinnyc.com, 212-693-2150 x311. The fully published study, as well as previously published studies is also available.

About KAMUT® Brand Khorasan Wheat

The mission of Kamut International is to promote organic agriculture and support organic farmers, to increase diversity of crops and diets, and to protect the heritage of a high quality, delicious ancient grain for the benefit of this and future generations. KAMUT® is a trademark of Kamut International, which guarantees high quality standards that are verified by tests from every field.