



Journal of Health Disparities Research and Practice
Volume 9, Special Edition 1, Summer 2016, pp. 62

© 2011 Center for Health Disparities Research
School of Community Health Sciences
University of Nevada, Las Vegas

Starch-Based Diet and Type 2 Diabetes

Rosper John Jr

Tetaake Yee Ting, BA, University of the South Pacific, College of Micronesia – FSM

Coordinating Center: University of Hawaii John A. Burns School of Medicine

ABSTRACT

The starch based diet was discovered and developed by Dr. John McDougal who claimed that a diet consisting of 70% starch, 20% vegetable and 10% fruit while eliminating meat, fat and dairy products has helped his patients reverse their diabetes. In this study, we will re-examine the effect of this diet on blood glucose in people with type 2 diabetes. We hypothesize that eating on a starch-based diet improves insulin sensitivity in individuals with type 2 diabetes.

A survey of 10 selected type 2 diabetes diagnosed individuals was conducted. Each individual was interviewed and given the option to participate in the study. 7 consented to participate and are put on the starch-based diet for 4 weeks. At the end of each week their blood glucose and other vital readings are to be taken. The participants are given instructions on how to go on the diet.

The expected outcome will come from the analysis of the result after the end of 4 weeks on the diet. We expect similar conclusions with that of Dr. McDougal's findings on the starch-based diet.

At this time, it is early to draw conclusions because the instruments required for this project arrived late from the vendors. Therefore, it is appropriate to state that conclusion will be finalized after the end of the four weeks.

Keywords: Starch-based Diet, Type 2 Diabetes, Insulin Sensitivity

ACKNOWLEDGEMENTS

The STEP-UP HS program is supported by the National Institute of Diabetes and Digestive and Kidney Diseases of the National Institutes of Health, Grant number: R25DK078386.