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Starch-Based Diet and Type 2 Diabetes

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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

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