



Starch-Based Diet and Type 2 Diabetes

## Journal of Health Disparities Research and Practice

Volume 9  
Issue 5 *Special Issue - NIDDK STEP UP*

Article 40

© Center for Health Disparities Research, School of Public Health, University of Nevada, Las Vegas

2016

### Starch-Based Diet and Type 2 Diabetes

Rosper John Jr

Tetaake Y. Ting, *University of the South Pacific, College of Micronesia-FSM*

Follow this and additional works at: <https://digitalscholarship.unlv.edu/jhdp>



Part of the [Bilingual, Multilingual, and Multicultural Education Commons](#), [Community College Leadership Commons](#), [Higher Education Commons](#), [Immune System Diseases Commons](#), [Public Health Commons](#), [Translational Medical Research Commons](#), and the [Virus Diseases Commons](#)

#### Recommended Citation

John, Rosper Jr and Ting, Tetaake Y. (2016) "Starch-Based Diet and Type 2 Diabetes," *Journal of Health Disparities Research and Practice*: Vol. 9: Iss. 5, Article 40.

Available at: <https://digitalscholarship.unlv.edu/jhdp/vol9/iss5/40>

This Article is protected by copyright and/or related rights. It has been brought to you by Digital Scholarship@UNLV with permission from the rights-holder(s). You are free to use this Article in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s) directly, unless additional rights are indicated by a Creative Commons license in the record and/or on the work itself.

This Article has been accepted for inclusion in Journal of Health Disparities Research and Practice by an authorized administrator of Digital Scholarship@UNLV. For more information, please contact [digitalscholarship@unlv.edu](mailto:digitalscholarship@unlv.edu).

---

## Starch-Based Diet and Type 2 Diabetes

### 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



**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.