

**Almond supplementation in the absence of dietary advice significantly reduces C-reactive protein in subjects with type 2 diabetes.**

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**Abstract:**

Heart disease and stroke are primary causes of morbidity and mortality among people with type 2 diabetes (T2D). The objective of this 12-week randomized, parallel-arm controlled study was to determine if almond supplementation (1.5 oz/d) without further diet instruction improves diabetic and cardiovascular risk markers in individuals with T2D (hemoglobin A1c between 6.5 and 9.0%) who were not taking insulin ( $n = 10$ ) compared to matched controls who were instructed to maintain their customary diet ( $n = 11$ ). Subjects in the almond treated group tended to consume fewer carbohydrates ( $p = 0.073$ ). There were no significant differences in biomarkers of glucose regulation or oxidative stress; however, the inflammatory biomarker C-reactive protein was significantly reduced in the almond treated group versus controls ( $-1.2$  vs.  $+4.33$  mg/L,  $p = 0.029$ ). Daily almond ingestion in the absence of other dietary or physical activity modification is beneficial in reducing inflammation in individuals with T2D.