

## Mediterranean diet lowers diabetes risk

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People who adhere closely to a Mediterranean diet — comprising olive oil, grains, fruits, nuts, vegetables and fish and low in meat and dairy – may have a lower risk of developing [diabetes](#) [1][Diabetes mellitus] A disorder in which sugars in the diet cannot be metabolised into energy due to a lack of the enzyme insulin. Late-onset diabetes mellitus may be a long-term side effect of some anti-HIV drugs. according to a recent study by Dr Migel Martinez-Gonzalez and colleagues from the University of Navarra in Pamplona in Spain. This could be important for people with HIV on certain [antiretroviral](#) [2]A medication or other substance which is active against retroviruses such as HIV. drugs that are more prone to contribute to [insulin resistance](#) [3]A diabetes-like condition in which, while adequate amounts of insulin are produced by the pancreas, the body does not respond normally to the action of insulin. In the wider community, insulin is related to obesity, while in HIV it may be related to lipodystrophy., the precursor of Type 2 diabetes. The study was published in the British Medical Journal.

[www.poz.com](http://www.poz.com) [4]

- [nutrition](#)

### Links:

[1] <http://www.napwa.org.au/glossary/term/95>

[2] <http://www.napwa.org.au/glossary/term/122>

[3] <http://www.napwa.org.au/glossary/term/99>

[4] <http://www.poz.com>