

Mango good for diabetes and pre diabetes

Mango was recently identified as a particularly useful food when it comes to the fight against **diabetes**, and a new **study** conducted in **Australia** concretely this. Furthermore, **mango** could also have a role to **play** in the treatment of metabolic disorders, although research is at an early stage.

Eating a mango every day could protect **people** against high **cholesterol** as well as diabetes. The study, conducted by PhD **student** Ashley Wilkinson at the University of **Queensland**, indicates that **components** within mango operate in a similar manner to some diabetes and cholesterol drugs.

Miss Wilkinson said: "There's been a lot of research looking at nutritional bioactives but it's focused on more temperate fruit like broccoli and grapes. And there hasn't been any research looking at tropical fruit in the context of looking at modulating cellular processes."

A doctor of the school of pharmacy at UQ agreed: "We don't know yet how the whole thing's going to play out but we know some of the individual components activate these receptors or even inhibit them. That could end up with positive nutritional **health** benefits for diabetes and high cholesterol."

High cholesterol is a major indicator of metabolic syndrome, a by-word for pre-diabetes in many cases.

Source: <http://www.diabetes.co.uk/news/2006/Nov/Mango-good-for-diabetes-and-pre-diabetes.html>