

Changing the Conversation: Part 1 for Diabetes & Heart Disease

By Abbie Gellman, MS, RD, CDN, and Chef Julie Harrington, RD

Resources

1. American Diabetes Association website. <http://www.diabetes.org/>
2. American Diabetes Association, Bantle JP, Wylie-Rosett J, et al. Nutrition recommendations and interventions for diabetes: a position statement of the American Diabetes Association. *Diabetes Care*. 2008;31(Suppl 1):S61-S78.
3. Fox CS, Golden SH, Anderson C, et al. Update on prevention of cardiovascular disease in adults with type 2 diabetes mellitus in light of recent evidence: a scientific statement from the American Heart Association and the American Diabetes Association. *Diabetes Care*. 2015;38(9):1777-1803.
4. Erkkilä AT, Lichtenstein A. Fiber and cardiovascular disease risk: how strong is the evidence? *J Cardiovasc Nurs*. 2006;21(1):3-8.
5. Tapsell L. Fermented dairy food and CVD risk. *BJN*. 2015;113(Suppl 2):S131-S135.
6. Imamura F, Micha R, Wu J, et al. Effects of saturated fat, polyunsaturated fat, monounsaturated fat, and carbohydrate on glucose-insulin homeostasis: a systematic review and meta-analysis of randomised controlled feeding trials. *PLOS*. 2016;13:e1002087.
7. Schwingshackl L, Christoph M, Hoffmann G. Effects of olive oil on markers of inflammation and endothelial function — a systematic review and meta-analysis. *Nutrients*. 2015;7(9):7651-7675.
8. Berryman CE, Fleming JA, Kris-Etherton PM. Inclusion of almonds in a cholesterol-lowering diet improves plasma HDL subspecies and cholesterol efflux to serum in normal-weight individuals with elevated LDL cholesterol. *J Nutr*. 2017;147(8):1517-1523.
9. Hernández-Alonso P, Salas-Salvadó J, Baldrich-Mora M, Juanola-Falgarona M, Bulló M. Beneficial effect of pistachio consumption on glucose metabolism, insulin resistance, inflammation, and related metabolic risk markers: a randomized clinical trial. *Diabetes Care*. 2014;37(11):3098-3105.
10. Hernández-Alonso P, Bulló M, Salas-Salvadó J. Pistachios for health: what do we know about this multifaceted nut? *Nutr Today*. 2016;51(3):133-138.
11. Bazzano LA, Thompson AM, Tees MT, Nguyen CH, Winham DM. Non-soy legume consumption lowers cholesterol levels: a meta-analysis of randomized controlled trials. *Nutr Metab Cardiovasc Dis*. 2009;21(2):94-103.