

# Seafood & Type 2

## A DIVE INTO DIABETES



For people with type 2 diabetes or those at high risk, the statistics are familiar. In the United States, approximately 30 million people have diabetes<sup>1</sup> – that’s nearly 10% of the country – and rates are on the rise. Healthy lifestyle changes can help reduce diabetes risk and help keep diabetes in control. But change can be hard, especially when unhealthy options surround you.

Small improvements to your eating habits can make a huge impact on your health. Remember, your health matters to you and to those who love you! The American Diabetes Association offers recommendations, tips and recipes for balanced meals, including the suggestion to eat (fatty) fish 2-3 times per week.<sup>2</sup>

**Based on the overwhelming research, just one more seafood meal a week improves your health, and ideally for those with diabetes and/or pre-diabetes, 1,000 – 2,000 mg of omega-3s EPA+DHA a day can show significant impacts to your health.**



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- The type of fat in seafood, heart-healthy omega-3s, “helps prevent clogging of the arteries,” according to the American Diabetes Association, and it has so many other benefits – including reducing inflammation, increasing insulin function, and even improving your mood (with the release of blissful serotonin).<sup>3,4</sup> Simply, **omega-3s may improve effectiveness of insulin and reduce your risk for related complications.**
- Studies have shown that **eating (non-fried) fish and shellfish can reduce your risk of getting type 2 diabetes<sup>5</sup>** – and the data show the more fish, the better.
- Diabetes has many side effects and complications. People with type 2 diabetes are twice as likely to die from heart attack or stroke.<sup>6</sup> A study that followed young adults for 25 years showed that **eating (non-fried) fish reduced risk of high blood pressure, a large waistline, prediabetes, and abnormal cholesterol measurements** later in life.<sup>7</sup> In women living with diabetes, **higher consumption of fish is linked to less sudden cardiac death,<sup>8</sup> may reduce the risk of heart disease,<sup>9</sup> lower triglycerides and blood pressure,<sup>10</sup> and improve HDL-cholesterol.<sup>11,12</sup>**
- About 50% of people with diabetes will get diabetic peripheral neuropathy – what causes the pain and numbness in your hands and feet and can lead to amputation. **Preliminary research shows fish oil may slow progression or even reverse neuropathy.<sup>13</sup>**
- Omega-3s along with exercise may improve body composition by lowering body fat.<sup>14</sup> Adults with type 2 diabetes who consumed 500 mg of EPA+DHA daily for 6 months showed improvements in blood sugar levels, cholesterol levels, and reduced waist circumference.<sup>15</sup> You can easily get that amount of omega-3s eating seafood – just one 4 oz. serving of salmon has more than 1,200 mg!
- In people with diabetes, eating seafood twice a week is shown to lower risk for impaired vision and loss of sight.<sup>16</sup> That’s because our eyes depend on omega-3s for their sensory function. Nearly half of our eye’s light detecting cell structure are made of omega-3s.
- Just a note: It is OK to have seafood with diabetes treatment Metformin (Rx).<sup>17</sup>

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- <sup>2</sup> American Diabetes Association. Protect Your Heart: Choose Healthy Fats. 2009. [https://professional.diabetes.org/sites/professional.diabetes.org/files/media/Choose\\_Healthy\\_Fats.pdf](https://professional.diabetes.org/sites/professional.diabetes.org/files/media/Choose_Healthy_Fats.pdf)
- <sup>3</sup> Gao H, Geng T, Huang T et al. Fish oil supplementation and insulin sensitivity: a systematic review and meta-analysis. *Lipids Health Dis.* 2017 Jul 3;16(1):131. doi: 10.1186/s12944-017-0528-0.
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