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Peanuts benefits for diabetes

Diabetes is becoming a dangerous disease for the whole world. Diabetes increases the risk of diseases related to kidney, liver, heart and eyes. According to the statistics of the World Health Organization, more than 422 million people in the world are suffering from diabetes. But it is a matter of bigger concern that India has the maximum number of 80 million people suffering from diabetes. Diabetes means that the amount of sugar ie glucose in the blood increases. In order not to increase the amount of sugar in the blood, diabetic patients have to avoid a lot regarding food and drink. That's why there is often confusion about eating peanuts.

Peanuts are found in sufficient amount of protein, vitamin B6, vitamin B9, vitamin-B complex, pantothenic acid and antioxidants. That's why it has been found in some research that the consumption of peanuts helps in reducing weight. At the same time, there is also the ability to keep heart disease and diabetes under control.

Are peanuts good for diabetics or not?[healthline](#) According to the news, peanuts are better for diabetes patients. This not only controls blood sugar but also controls cardiovascular diseases. However, in some circumstances, it can be harmful for diabetic patients to consume it. It has been said in a research that eating peanuts in the morning keeps blood sugar under control for the whole day. It has also been proved in the study that if peanuts are eaten even with food with high glycemic index, insulin will be produced properly. At the same time, due to more magnesium in peanuts, it also keeps blood sugar under control. The report published in the Journal of Internal Medicine also states that the consumption of peanuts helps in reducing blood sugar.

Disadvantages of eating peanutsIt has been said in a research that if peanuts are consumed in the right quantity, then the risk of getting type 2 diabetes also reduces. According to the study, high amounts of unsaturated fat and other nutrients are found in peanuts, due to which the body helps in regulating insulin. However, despite so many benefits, consumption of peanuts can be harmful in some ways. According to the research of PubMed Journal, peanuts contain a lot of omega 6 fatty acids as compared to other almonds. Excess intake of omega 6 fatty acids promotes inflammation, which can increase the symptoms of obesity and diabetes.

Therefore, if you are a diabetic patient, then you have to keep the right balance of Omega 3 and Omega 6. On the other hand, if you take packaged peanuts from outside, then there is a lot of salt in it. This is also not right for diabetes patients. Some people may also be allergic to peanuts. In such a situation, it roughly means that the consumption of peanuts is better for the patients of diabetes, but it can be beneficial only if it is consumed in limited quantity.

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