NEWS | RESEARCH

Increased consumption of whole grains may reduce economic impact of diabetes: Study

Increased consumption of whole grain foods could significantly reduce the incidence of type 2 diabetes and the costs associated with its treatment in Finland, according to a recent study by the University of Eastern Finland and the Finnish Institute for H

By **Manbeena Chawla** | October 27, 2021



increased-consumption-of-whole-grains-may-reduce-economic-impact-of-diabetes-study

WordPress post #13058

Healthy nutrition that supports weight management is key to preventing type 2 diabetes

Increased consumption of whole grain foods could significantly reduce the incidence of type 2 diabetes and the costs associated with its treatment in Finland, according to a recent study by the University of Eastern Finland and the Finnish Institute for Health and Welfare.

The study shows that already one serving of full grains as part of the daily diet reduces the incidence of type 2 diabetes at the population level and, consequently, the direct diabetes-related costs, when compared to people who do not eat whole grain foods on a daily basis.

Over the next ten years, society’s potential to achieve cost savings would be from 300 million (-3.3%) to almost one billion (-12.2%) euros in current value, depending on the presumed proportion of whole grain foods in the daily diet.

"According to nutrition recommendations, at least 3-6 servings of whole grain foods should be eaten daily, depending on an individual’s energy requirement. One third of Finns do not eat even one dose of whole grains on a daily basis, and two thirds have a too low fibre intake," Research Manager Jaana Lindström from the Finnish Institute for Health and Welfare says.

Read online: https://nuffoodsspectrum.in/news/17/18184/increased-consumption-of-whole-grains-may-reduce-economic-impact-of-diabetes-study.html
© 2026 NUFFOODS Spectrum. All rights reserved.