

# Can Eating This Healthy Breakfast Help Lower Your Risk for Diabetes?



## What's for breakfast?

Yogurt would be a good choice according to a report in BMC Medicine. Having a 1 cup serving of yogurt a day might decrease your risk of developing **type 2 diabetes** by 18%.

**Endocrinology's Spin:** Yogurt is a staple of the Mediterranean diet which has been shown to have health benefits in the prevention and treatment of diabetes. Inflammation and gut bacteria are hot topics on this subject as well. So we suggest plain low fat greek yogurt with active cultures. Sweeten with stevia or a little honey, sprinkle with ground flax seed, and add a few berries and nuts such as walnuts and pecans. Yum.

BMC Study Details here:  
<http://www.healio.com/endocrinology/diabetes/news/online/%7B911926bd-9a5a-4f16-ae83-4b3104749e62%7D/daily-yogurt-consumption-decreased-risk-for-type-2-diabetes>

Mediterranean diet and Diabetes here:  
<http://www.webmd.com/diabetes/news/20140327/take-heart-mediterranean-diet-combats-diabetes-study-says>