

Vinegar Reduces Postprandial Glycemia

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Vinegar, when taken regularly, can help manage diabetes, moderate food cravings and increase the body's absorption of calcium resulting to healthier bones....

The study by the Arizona State University researchers concluded that, "The antiglycemic properties of vinegar are evident when small amounts of vinegar are ingested with meals composed of complex carbohydrates."

The study claims that postprandial glycemia, which is crucial in the management of diabetes, is reduced by vinegar.

Investigators in the department of nutrition at Arizona State University tested a simple vinegar drink - 20 g of apple cider vinegar, 49 g of water, and 1 teaspoon of saccharine - on 10 healthy, nondiabetic volunteers.

For comparison purposes, on different days, subjects were assessed after consuming a placebo drink consisting of 60 g of water and 1 teaspoon of saccharine or a calcium acetate drink. On each occasion, the drink was consumed after subjects had eaten a breakfast of bagel and orange juice on an empty stomach. Blood samples were drawn at 0, 30, 60, 90, and 120 minutes after the meal.

Carol S. Johnson, RD, and colleagues report that after subjects consumed the vinegar drink, their 60-minute glucose excursions were 35% lower than after placebo. On average, energy consumption was reduced by > 300 calories for the rest of the day, according to the group. No difference was noted following the calcium acetate drink.

Before this, a Swedish study published in the September 2005 issue of the *European Journal of Clinical Nutrition* stated that consumption of vinegar with white bread "cut expected rises in insulin and blood sugar" and made the subjects feel fuller.

In 2006, university scientists in Ebetsu, Japan, found that vinegar increases the extraction of calcium from food. They claimed that a diet containing 1.6 percent vinegar for 32 days increased calcium absorption.

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