

Berry Components Study

Main Study Question

The aim of this study was to determine which component of berries (e.g., fiber, anthocyanins) improves glucose metabolism and increases fat oxidation in humans.

Motivation for Research

Obesity and the incidence of diabetes have been steadily increasing over the past decades. Associated with them, to name a few, are heart disease, cancer, neuropathy, and renal complications. Studies in both lab animals and in humans have shown positive effects of berry consumption on glucose management and in reducing obesity. Isolating which component(s) of the berries are responsible for these effects may be beneficial to strategies for reducing the incidence of obesity and improving glucose metabolism.

The study ran from the middle of February, 2018 until the end of June, 2018.

