



TYPE 2 DIABETES

Moderate beer consumption can lower the risk of developing type 2 diabetes.



60 million

type 2 diabetes patients.



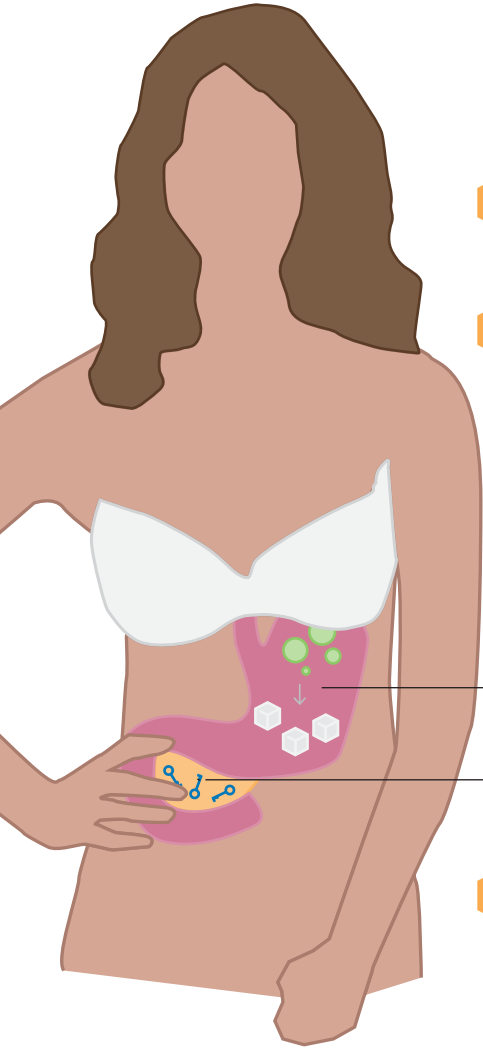
50%

of type 2 diabetes patients die because of cardiovascular disease.



1 in 3

people do not know they have type 2 diabetes.



1. The mouth, stomach and small intestine convert food into glucose, which enters the blood stream.
2. The rising glucose level prompts the pancreas to produce insulin.

Moderate beer consumption can lower risk of developing type 2 diabetes through:

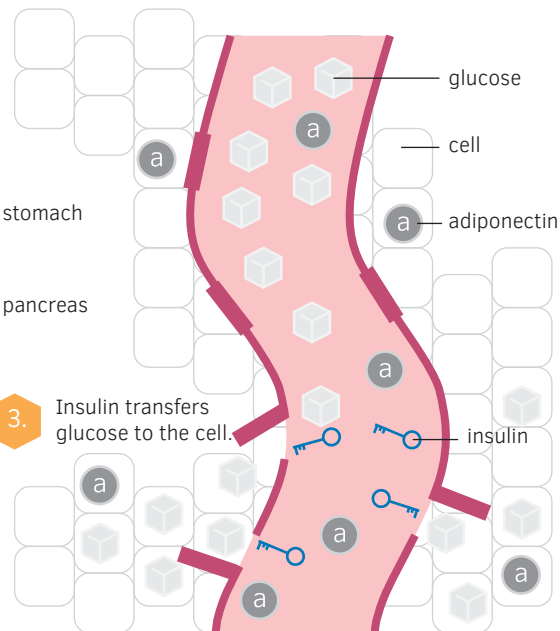


Anti-inflammatory effects, due to an increase in adiponectin (= peptide secreted by adipose tissue).

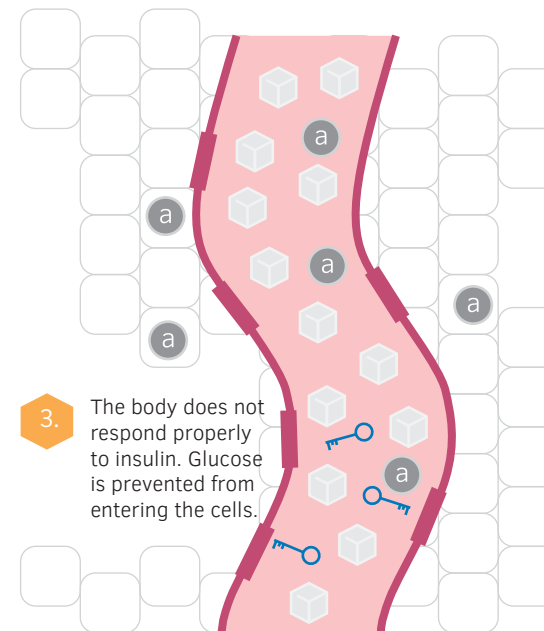
Low grade inflammation precedes type 2 diabetes.

Increased insulin sensitivity, due to an increase in adiponectin and a positive influence on lipid metabolism.

Healthy person



Person with type 2 diabetes



For type 2 diabetes prevention: Do not smoke, be active and eat and drink healthily and in moderation.

Not only can moderate beer consumption lower the risk of developing type 2 diabetes but also in people with type 2 diabetes it may improve blood glucose regulation and reduce complications.



This infographic has been prepared by Kennisinstituut Bier and validated by the Beer & Health Scientific Committee. The scientific research it is based on can be found in the Beer and Health booklet on www.beerandhealth.eu. Potential health effects only apply to moderate beer consumption by adults. This is defined in this infographic as no more than two 25 cl drinks of 5% beer (or two 33 cl drinks of 3.8% beer, or two 10 cl drinks of 13% wine) daily for men and one for women. This may vary for one's age, size and overall health. An otherwise healthy lifestyle is strongly advised. For personal guidance, check with your general practitioner. Please note this does not constitute a drinking guideline. All statements from this infographic are backed-up by science that can be retrieved on www.beerandhealth.eu.