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Calcium, Magnesium and Type II Diabetes by Larry Siegal

There is little dispute that diet plays a key role in the development of type 2 diabetes (T2D), but far less is understood about the impact of individual nutrients in populations that do not follow a typical Western Diet.

The Shanghai Women's Health Study explored any relationship between calcium and magnesium intakes and the risk of T2D in a Chinese population.

Data was taken from a population based, prospective study of 64,191 women who were free of T2D or other chronic diseases at study recruitment and were living in urban Shanghai, China. Dietary intake, physical activity, and anthropometric measurements were assessed through in-person interviews.

An inverse association between calcium and magnesium intakes and T2D risk was observed. Milk intake was also inversely associated with the risk of T2D.

Data suggest that calcium and magnesium intakes may protect against the development of T2D in this population.

Dietary calcium and magnesium intakes and the risk of type 2 diabetes: the Shanghai Women's Health Study
Am J Clin Nutr. 2009 April 89: 1059-1067.