

## **Salba Proven to Reduce CVD Risk Factors in Type 2 Diabetic**

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Diabetes is a highly prevalent and heterogeneous condition, with cardiometabolic implications that can be improved by tight glycemic control. An aggressive reduction in major risk factors for cardiovascular disease (CVD), such as elevated blood pressure and dyslipidemia, as well as emerging risk factors, including proinflammatory and prothrombotic markers, is recommended. However, despite an armamentarium of medications and lifestyle therapy, these goals are often difficult to achieve, placing people with diabetes at increased CVD risk. New treatment modalities to complement existing interventions are therefore of great interest, including dietary interventions for primary prevention or as a possible therapeutic option that may confer benefits beyond currently recommended conventional therapies.

There is growing evidence that whole grains may play an important role in the prevention of chronic disease. Collective endorsement of whole grains by major health agencies around the world, including the Food and Drug Administration–approved health claim (1), is based on large epidemiological and prospective population studies that suggest a strong inverse relationship between increased consumption of whole-grain foods and reduced risk of diabetes and CVD (2). Populations that consume three or more servings per day may benefit from the cardioprotective benefits of whole grain. It is, however, unknown which of the constituents of whole grain are responsible for the benefit. Phytoprotective constituents, including dietary fiber, antioxidants, minerals, and vitamins, have been suggested, but the physiological mechanisms of the cardioprotective effects are still poorly understood. The main sources of whole grains in the diet are bread and breakfast cereals, which are relatively nutrient-depleted foods due to aggressive industrial processing. Introduction of new varieties of whole grain should be encouraged in order for the general public to best adhere to effective health strategies that promote whole-grain consumption. Furthermore, well-controlled intervention studies are required to provide information about the link of the specific nutrients from whole grains to cardiovascular health.

Salba is a new generation of whole grain produced by Salba Corporation, Buenos Aires, Argentina, and cultivated by selective breeding (AgriSalba, Ica, Peru). Salba is a white-color variety from the original herbaceous plant *Salvia hispanica* L., which is 90% black grain and is known as a “running food” and used as both food and remedy by the ancient Aztecs. Salba is a pleasant-tasting grain that can easily be incorporated into a variety of baked products or just sprinkled onto yogurt, salad, soup, etc. With its rich nutrient composition, compared with most whole grains currently recommended, Salba represents the highest known whole-food source of dietary fiber and then-3 polyunsaturated fatty acid (PUFA),  $\alpha$ -linolenic acid (ALA), in nature. In addition, it is an exceptionally rich source of vegetable protein, calcium, magnesium, iron, and antioxidants (i.e., total antioxidant capacity is 70 per gram of Salba). As all these nutrients have been implicated in lowering CVD risks, and as they occur naturally in Salba, we hypothesized that simple addition of Salba to conventional treatment may reduce CVD risk factors when added to the diet of individuals with well-controlled type 2 diabetes.