

Blackcurrants may lower diabetes risk: 'Antioxidants in the fruit affect how the body breaks down carbohydrates and sugars'

- **Researchers carried out study at the University of Aberdeen**
- **Believe that antioxidants in the fruit affect how body breaks down carbs**
- **'Reduce amount of sugar that ends up in the bloodstream after eating'**

By [DAILY MAIL REPORTER](#)

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Can eating blackcurrants cut the risk of diabetes in people who are overweight?

That's the thinking behind a new clinical trial that is to be carried out at the University of Aberdeen.

The researchers believe that antioxidants in the fruit affect how the body breaks down carbohydrates and sugars, reducing the amount of sugar that ends up in the bloodstream after you have eaten a meal.

Sixteen people will be asked to consume 200g of blackcurrants, or a 'placebo' dose of green currants

If blood sugar levels peak too high, this can put pressure on the pancreas and prevent the normal release of insulin.

Sixteen people will be asked to consume 200g of blackcurrants, or a 'placebo' dose of green currants that do not contain the antioxidants, with and without a carbohydrate meal - and their blood sugar levels will then be compared.