# Does apple cider vinegar prevent diabetes?

November 6, 2018 By Lucinda K. Porter RN

Presumably, you are referring to the more common form, which is type 2 diabetes.  Also known as insulin resistance, type 2 diabetes is associated with diet, inactivity and being overweight. Risk of type 2 diabetes increases with age. Blacks, Latinos, Native Americans, and Asian Americans/Pacific Islanders have a higher risk of type 2 diabetes.

Although there is research on the effects of apple cider vinegar and type 2 diabetes, the studies are small and the results aren't convincing. What we do know is that there are many things we can do to prevent or improve type 2 diabetes.  For instance, try to eat a variety of foods, including vegetables, whole grains, fruits, low fat dairy, healthy fats, fish and lean meats and beans. Maintaining a healthy weight and a physically active lifestyle may reduce risk of type 2 diabetes.

November is American Diabetes Month. Click here to learn more about diabetes and see if you are at risk.

© 2026 Smart + Strong All Rights Reserved.

http://beta.docker.realhealthmag.com/article/apple-cider-vinegar-prevent-diabetes