

**No evidence for cardiovascular benefits from low glycaemic index diets**

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<b>Clinical Question</b>	How effective are low glycaemic index (GI) diets on total mortality, cardiovascular (CV) events, and CV risk factors (blood lipids, blood pressure) in healthy people or people who have established CV disease or related risk factors?
<b>Bottom Line</b>	There was no evidence available regarding the effect of low GI diets on CV disease events. Moreover, there was no convincing evidence that low GI diets had a clear beneficial effect on blood lipids or blood pressure parameters. Minimum study duration was 12 weeks.
<b>Caveat</b>	None of the studies reported on mortality (total or CV) or CV events. Most of the studies did not have intervention duration of longer than six months. It should be noted that the GI of the low and high GI diets were measured in most of the studies by food diaries and showed considerable variation.
<b>Context</b>	<p>The GI is a measure of the ability of a carbohydrate (for example sugar or starch) to affect blood sugar levels.</p> <p>Interest is growing in this area for the clinical management of people at risk of, or with, established cardiovascular disease.</p>
<b>Cochrane Systematic Review</b>	Clar C et al. Low glycaemic index diets for the prevention of cardiovascular disease. Cochrane Reviews, 2017, Issue 7. Art. No.: CD004467.DOI: 10.1002/14651858.CD004467.pub3. This review contains 21 studies involving 2,538 participants.

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**Pearls No. 594, April 2018, written by Brian R McAvoy. C25**

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Cochrane Systematic Review link: <http://cochranelibrary-wiley.com/doi/10.1002/14651858.CD004467.pub3/full>