# Zone Diet Validation Studies

The Zone diet is patented (U.S. Patent No. 6,140,304) to treat insulin resistance, which is the underlying cause of many chronic disease conditions such as diabetes, heart disease, and Alzheimer's.

The Zone diet is a calorie-restricted dietary program consisting of adequate protein, moderate carbohydrates, and low in fat to stabilize blood sugar levels (by controlling insulin levels) and to maintain satiety (by increasing the release of GLP-1 from the gut).

The approximate percentage of macronutrients in the Zone diet is 40 percent carbohydrate, 30 percent protein, and 30 percent fat. The published research articles below compared the Zone diet to other dietary programs. In particular, the Zone diet leads to the remission of prediabetes (Reference 41) and is more effective than the Mediterranean diet in reducing insulin resistance (Reference 43). The Zone diet is also used by the Joslin Diabetes Center at Harvard Medical School for the management of type 2 diabetes (References 16, 20, 21, and 34).

## References


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