



How Blackstrap Molasses can help diabetics. Ask your doctor before trying this.

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What are all the good things that molasses can do for diabetics body.

Molasses is a sweetener, so on the face of it many people with diabetes would hesitate. But there *are* some potentially positive aspects — and many caveats. You'll want to weigh benefit vs risk with your doctor or dietitian.

What is molasses (nutritionally speaking)

- It's a byproduct of refining sugarcane or sugar beets (left after sugar crystals are removed) and contains significant sugars (sucrose, glucose, fructose) plus minerals. [Wikipedia+2Medical News Today+2](#)
- Because of those sugars, it has a **high glycemic index (GI ~ 70)** and glycemic load. [Glycemic Index Guide](#)
- Some types (e.g. blackstrap) are more nutrient-dense (iron, calcium, magnesium, potassium, B-vitamins, etc.) than “empty” refined sugar. [Medical News Today+3Healthline+3Dr. Axe+3](#)

Possible “good” effects for someone with diabetes (with caution)

Here are benefits people often point to — which may or may not be fully proven for diabetics. Use them as hypotheses, not guarantees.

Potential benefit	What the evidence says / plausibility	Important caveats
Source of minerals and micronutrients	It gives you iron, magnesium, calcium, potassium, B6 etc, more than refined sugar. WebMD+4Dr. Axe+4Medical News Today+4	The quantities are modest. You can get more of those nutrients from vegetables, legumes, nuts, animal sources, etc.
Antioxidant / polyphenol activity	Molasses has polyphenols and antioxidant properties (compared to completely refined sugars) which may help with oxidative stress. Medical News Today+2PMC+2	In vivo (in your body) effects are less clear; high sugar content might offset benefit if used in excess.
Better than refined sugar (comparative “less bad”)	Some studies suggest that filtered sugarcane molasses added to a meal may reduce post-meal insulin peaks in healthy people. PubMed+1 Also, molasses may suppress the glucose rise compared to refined sugar in some lab/animal studies. ScienceDirect+1	That doesn't automatically mean it's safe or beneficial for someone who already has diabetes. The effect might be small, short term, or not consistent in diabetic populations.
Possibly reducing inflammation (in limited research)	In reviews of “unrefined sugar” (which includes molasses), some in vitro / animal studies show reduced inflammatory biomarkers under certain conditions. PMC	Most of those are preclinical (cells, animals). Human trials are sparse. Also, sugar in general has pro-inflammatory effects at high intake.
Support for anemia / iron deficiency	Because of its iron content (especially blackstrap molasses), it can be used to help with iron intake if someone is deficient. Healthline+2Dr. Axe+2	The iron is non-heme (plant form) which is less well absorbed than heme (meat sources). Also, you must balance total sugar load.

Why the “good things” come with big “ifs” (risks / cautions)

Because molasses = sugar + nutrients, the risks for a person with diabetes are real. Some things to watch out for:

- **It can increase blood sugar / insulin load** — despite any moderating effects, molasses has a high GI and significant sugar content. [Taylor & Francis Online+3Glycemic Index Guide+3Medical News Today+3](#)
- **Portion matters** — small amounts might be tolerable; large amounts will almost certainly tip the balance.
- **Kidney / potassium issues** — if someone has impaired kidney function, high potassium (in molasses) might be a risk.
- **Metabolic impact over time** — chronic intake of sugar sources (even less refined ones) can worsen insulin resistance, weight gain, etc.
- **Allergies / sensitivities** — some molasses is sulfured (contains sulfites) which can cause reactions in sensitive individuals.
- **Lack of strong clinical trials in diabetes** — many “benefits” are extrapolated, animal, or small human studies in healthy individuals, not large



trials in diabetics.

My take (what I'd lean toward if I were you)

I don't see molasses as a "magic health food" you can freely use in diabetes. But in *very small* amounts, it might serve as a slightly more nutritious alternative to refined sugar, especially when you need flavor or sweetness. But "very small" is the operative piece.

If you consider incorporating it:

- 1 Test your response (check your blood sugar) when you try a tiny amount, see how your body reacts.
- 2 Use it in a meal with fiber, protein, fat — to blunt blood sugar spikes.
- 3 Don't let it displace better sources of iron, calcium, magnesium (leafy greens, beans, nuts, meats).
- 4 Always talk with your physician or dietitian — they'll know your kidney function, medications, and can guide if this is safe in your context.

Short version: the **human data in people with diabetes** is basically **not there** yet. Most studies test sugarcane **molasses extracts/polyphenols** in healthy folks or animals, not everyday molasses in diabetics. Here's what we *do* know:

- **Healthy-human, meal add-on tests:** Adding a filtered sugarcane molasses concentrate to a high-carb meal **blunted post-meal glucose/insulin** in small acute studies of healthy adults. That suggests the polyphenols slow carb absorption—but these were **not** diabetics. [PubMed+1](#)
- **Mechanism (lab/animal):** Polyphenol-rich sugarcane extracts can **inhibit carbohydrate-digesting enzymes and glucose transport** and improve glycemic markers in animals/cells. Promising biology, but it's preclinical. [PMC+2ScienceDirect+2](#)
- **Less-refined cane sugars (related):** Some work shows "minimally refined brown sugar" and similar products have **lower GI / smaller glucose rise** than fully refined sugar—in mixed adult samples, not specifically diabetics. [ScienceDirect](#)

Now the part that matters for real life:

- **Molasses itself is still sugar.** Whatever antioxidants/minerals it carries, a tablespoon remains a quick carb and can spike glucose—claims of a "low GI" for molasses aren't supported by solid diabetic-population trials. [WebMD](#)
- **Translation gap:** The studies above use **concentrated extracts** blended into foods under controlled conditions. That doesn't prove that spooning blackstrap into tea will help a person with diabetes. We simply **lack randomized trials in diabetics** showing improved A1c, time-in-range, or insulin needs.

Bottom line for you

If you enjoy the flavor, treat molasses as a **sometimes sweetener**, not a therapy. If you test it:

- 1 **Keep portions tiny** (½–1 tsp), and only **with a protein/fiber-rich meal**.
- 2 **Check your own numbers** (pre-meal and 1–2 hours after) the first few times.
- 3 **Don't swap it in "for health."** Get iron, magnesium, etc., from foods/supplements that **don't** push glucose. [WebMD](#)

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