



# Diabetes In Young People

DIABETES IN  
YOUNG PEOPLE

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In young people with diabetes, fat intake should be limited to prevent them from gaining weight. Note that in these people, omega-3 intake does not help their recovery. We should also try to limit the consumption of beverages that contain large amounts of sugar in these people.

Young people should be encouraged to keep their protein and fat intake in moderation; Because these macronutrients do not affect blood glucose levels, even if they need insulin to be metabolized in the body.

Consumption of carbohydrate foods (whole grains, legumes, fruits, vegetables, milk, low-fat milk) are excellent sources of vitamins, minerals, dietary fiber, and energy; Therefore, consuming these foods is very important for all people, including diabetics.

For young people with diabetes, there is no evidence that an ideal protein intake improves glycemic control or improves cardiovascular risk factors. Protein cannot slow down the absorption of carbohydrates and should not be added to meals or snacks to prevent hypoglycemia. Excessive protein intake will also increase energy intake.



According to research, the amount of fiber consumption in diabetics is no different from normal people and should be taken at the rate of 2-3 grams of fiber per day to improve blood glucose; While normal fiber intake does not have beneficial effects on blood glucose. Taking dietary and herbal supplements to control diabetes in young people is not recommended. Taking antioxidant supplements may make the condition worse for people with diabetes.





➤ **Diabetes in young people** ◀

Nowadays More than 360 million people have diabetes, and the age of diabetes decreases over time. The younger a person gets diabetes, the more likely she/he is to take the initiative of his or her sibling if you put a lot of pressure on him or her. Also, if a father has diabetes, your child is more likely to have type 1 diabetes. If it's not treated, diabetes in young people can lead to serious problems such as heart disease and vision problems.

➤ **Risk factors** ◀

- Lack of physical activity
- Diabetes in first-degree relatives
- Breeds at high risk for diabetes
- People with high blood pressure
- People with HDL less than 35 mg / dL or triglyceride more than 250 mg / dL
  - Severe obesity
- People with a history of cardiovascular disease

➤ **Symptoms** ◀

- Excessive urination, especially at night
- Excessive thirst
- Fatigue
- Unwanted weight loss
- Itching around the genitals, possibly accompanied by fungal infections (especially in girls)



➤ **Medical nutritional therapy** ◀

In young people with diabetes, the total amount of energy received is preferable to the type of energy received. Also, the total energy received by each person varies according to the needs and desires of that person. Recent studies have examined the implementation of different dietary patterns such as Mediterranean diet, vegetarianism, low fat, low carbohydrate, and DASH on diabetic patients and showed that dietary patterns will be acceptable.

- Slowness in healing cuts or wounds
- Blurred vision