



Nutritional Recommendation In Diabetics

NUTRITIONAL RECOMMENDATION IN DIABETICS

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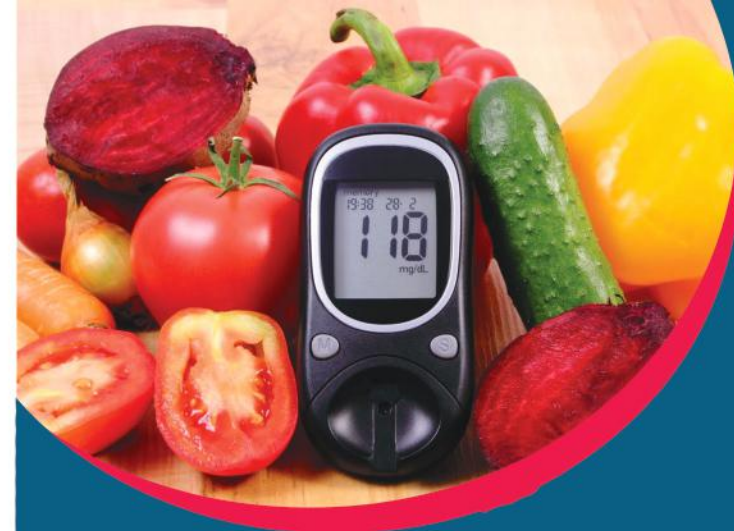
► Nutritional recommendations for patients with type 2 diabetes ◀

Since patients with type 2 diabetes are older, the most important thing in these patients is weight control. Patients with type 2 diabetes should consider the following recommendations:

- Consumption of 25 grams of soluble fiber per 1000 kcal, while creating a feeling of satiety, can help control blood sugar. Pectin is a type of soluble fiber found in apples, citrus fruits such as oranges, lemons, and grapefruits, strawberries, carrots, and whole grains. In addition to these foods, consume the fiber sources listed above.
- Increase the number of your meals.
- Be sure to use salads or low-calorie foods such as lettuce, celery, sugar-free jelly, and simple, low-calorie soups before eating.
- Avoid fruit juice in the morning and fasting and use fresh fruit instead during the day.
- Use sugar-free drinks and desserts.
- Substitute whole wheat flour for white flour.
- Avoid fish oil and niacin supplements because they increase blood sugar.
- Reduce fat intake in your daily diet according to your nutritionist.
- Drink 8 glasses of water daily.

► Important points for families and patients ◀

- People with diabetes with kidney disease should also pay special attention to their diet because kidney disease interferes with the action of many nutrients. Therefore, taking nutritional supplements is not recommended unless with the permission of a nutritionist.



- Since a lack of some vitamins exacerbates diabetes, it is important to try to get adequate amounts of vitamins through nutrients. Due to the increased need for vitamins in these patients, vitamin supplements should be taken, but to avoid the side effects of an overdose, consult a nutritionist.
- Vitamin C needs insulin to enter the cell. Research shows that the amount of this vitamin in diabetics is lower than normal; Therefore, consuming plenty of fruits and vegetables as well as vitamin C supplements is essential.
- Some oral hypoglycemic drugs cause a lack of vitamin B12 in the body. So in this case, you should consult a nutritionist, because a deficiency of this vitamin can damage nerve tissue.
- Diabetes can cause a lack of biotin in the body. Since a deficiency of this important substance can cause nerve tissue damage in the arms and legs, it is necessary to consult a specialist to get acquainted with the sources of consumption and the amount needed.



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▶ **Nutritional recommendations in diabetics** ◀

The main goal of diet therapy in diabetic patients is to eat a balanced diet. A diet prepared by nutritionists and experts for diabetics has the following goals:

- ▶ Bringing blood sugar to normal levels
- ▶ Maintain normal blood lipid levels
- ▶ Reducing the specific problems of diabetic patients
- ▶ Gain and maintain an ideal weight
- ▶ Delivering the necessary amount of nutrients to the body
- ▶ Providing the energy needed by the body to perform the necessary activities
- ▶ Prevent the complications and problems caused by diabetes

▶ **Nutritional recommendations for patients with type 1 diabetes** ◀

- ▶ Try to adjust your diet regularly. Eat at certain times of the day.
- ▶ Eat between 4 and 5 meals a day.

▶ Eat adequate amounts of carbohydrates at each meal to avoid the effects of blood sugar fluctuations.

▶ Limit fat intake through food.

▶ Limit simple sugars such as sugar, red sugar, honey, and corn syrup.



▶ Increase fiber intake to 25 mg per 1000 kcal received. Consult a nutritionist to find out how many calories you need daily. Food sources of fiber include fruits and vegetables, legumes, and whole grains.

▶ Try sugar-free products such as sugar-free drinks, sugar-free jellies, and sugar-free biscuits.

▶ Use fresh fruits and low-fat cookies and cereals as a snack.

▶ Every morning, choose high-fiber cereals for breakfast and avoid cereals with high amounts of sugar.

▶ Use fresh fruit instead of juice.

▶ Use low-fat milk.

▶ Drink at least 8 glasses of water daily.