Diet and Diabetes
Types of Diabetes

● **Type 1 Diabetes**
  ○ Autoimmune condition - destruction of pancreatic b-cells
  ○ No insulin production by pancreas

● **Type 2 Diabetes**
  ○ Progressive - inability for body to properly use insulin
  ○ Abnormal insulin secretion

● **Gestational Diabetes**
  ○ Triggered by pregnancy
Type 2 Diabetes

Insulin, a hormone produced in the pancreas, helps glucose enter cells to be broken down and used by the body.

In Type 2 Diabetes, either insulin is not produced in large enough quantities, or the body resists its effects.
History of Diabetes

Symptoms of Diabetes have been found in ancient medical texts describing conditions of excessive thirst, heavy and frequent urination, and ‘sweet’ urine

Diabetes Mellitus- ‘honey-sweet’
Modern-Day Diabetes

As of 2013, over 29 million people in the US had Type 2 diabetes.

Diabetes can lead to complications including: nerve damage, cardiovascular disease, eye damage, kidney damage, and death.

Food can be a factor leading to diabetes OR a preventative tool.
Prevention and Management

- Education
- Lifestyle Changes
- Diet modification
- Incorporating Exercise
- Weight Reduction/management
- Controlling Blood Sugar Levels
DASH DIET

Personal experience*
Medical Nutrition Therapy
Goals of MNT

● To encourage healthy eating habits
  ○ Variety of nutrient-dense foods
  ○ Appropriate portion sizes
● Focus on individual nutrition needs
● To preserve a good image of food while limiting food choices
  ○ Food is not the enemy
● To educate the individual about meal planning instead of focusing on one specific macronutrient
Type 2 Diabetes Mellitus
Recommendations

CDC’s Division of Diabetes Translation works toward a world free of the devastation of diabetes.

EVERY 2.2 POUNDS OF WEIGHT LOST = REDUCED RISK OF DIABETES BY 13%
WHY ARE INDIANS HIGHLY SUSCEPTIBLE TO DIABETES?
References