

Chapter 20

Diabetes Mellitus describes a group of metabolic disorders characterized by __elevated blood glucose (hyperglycemia)__ and __distorted insulin metabolism ____, and is caused by __unrestrained blood glucose _ or _____.

Because no glucose enters the cell in _type 1_ diabetes, the metabolic consequences are more severe than in _type 2__ diabetes. _diabetic ketoacidosis_ is often the first sign.

What is the most important goal for medical and nutrition therapy for diabetes? How can the amount, distribution, and timing of carbohydrate eaten facilitate this goal? What types of carbohydrates are emphasized?

to control blood glucose

trying to have consistent timing and evenly divided carb intake

You have to correlate insulin intake to carb intake

emphasized carbs:

complex carbs

high fiber

trying not to eat pure carbs

high / moderate protein

low fat

minimized sugar

- Type 1 diabetes always involves insulin and diet
- type 2 is more about weight loss and exercise
- goals :
 - to improve blood glucose levels
 - to prevent CVD and other long term complications
- ABC's
 - A- A1C- above 6.5 = diabetes, 5.7 = 5.7 prediabetic range
 - B- blood pressure - keep at 120/80 or less
 - treat hypertension earlier than standard patients
 - C- cholesterol - keep LDL's below 100

Name four symptoms of diabetes, including the 3 Ps.

frequent urination

dehydration

weight loss

blurred vision

fruity, acetone breath

dehydration

Food And Nutrition Chapter 20

R Sandford



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