

Diet treatment for diabetes

[Health & Medicine](#), [Diabetes](#)



People who are suffering the disease diabetes mellitus are not properly informed on the effects of their food intake, how their body works, and provided their best course of action. This means reading labels and sometimes creating personal diet plan without understanding the required quantity and portions of their choices. Planning the meal is a very tedious process especially if one has to memorize nutrients, food groups, and calculate percentages of fat against total consumption. Patients are just getting weary to all these fuss that they gradually revert back to old eating habits again.

Information on how the body works when one has the disease is very important. The focus is to educate people on shifting to healthy lifestyles in the most convenient form. The main reason people do not practice good eating habits is simply because they lack the information and the means to achieve it. Diet treatment for diabetes Definition of Diabetes Diabetes mellitus often simply called diabetes is a common condition that occurs when the body does not produce or use insulin correctly (ADA n. y.).

Understanding diabetes Glucose is the main source of fuel for the body (NDIC 2006).

Blood sugar comes from carbohydrate and starchy foods. When we eat, the body breaks down carbohydrates except fiber into glucose which is absorbed by the intestine into the blood. Glucose is then carried to all the cells by the bloodstream. Insulin is a hormone release from the pancreas and released into the blood when glucose level rises. It functions to convert sugar into energy thus lowering the blood sugar level, promotes cellular uptake of amino acids and stimulates the conversion of these amino acids into

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proteins. Glucose which are not transported to the cells are being stored in the liver and muscles called as glycogen.

The liver releases it into the blood when needed. Any change in blood flow also affects the adrenal gland. Symptoms of diabetes The symptoms of diabetes are usually extreme thirst, extreme fatigue, blurred vision, weight loss, feeling irritable, urinating more than normal, and feeling hungry. One also experiences abdominal pain, pain in the chest or stomach, heavy or difficulty breathing, drowsiness or coma and vomiting. Complications and other illnesses brought by diabetes Patients suffer blindness, kidney failure, stroke, atherosclerosis, gum diseases and heart attacks.

To some patients it could be worse like, nerve damage, limb amputation, and in severe cases, death. Patients are at high risk for skin inflammation, rashes, localized itching to even slow healing of the most minor abrasion. Diabetic neuropathy also happens when blood sugar levels damage nerves that carries signal to the brain, spinal cord, muscle, skin and internal organs. Damage is experienced by stabbing, tingling, and burning sensation in the legs, hands and feet especially at night. Fundamental problem of diabetes The fundamental problem of diabetes is the body's inability to metabolize glucose fully and continually. Types of diabetes

Type 1 diabetes is noted when the body's immune system turn against its own cells destroying them including the pancreas like foreign invaders known as autoimmunity. Type 2 diabetes still has the ability to produce insulin but the body becomes increasingly resistant to insulin. Another type is diabetes insipidus which is characterized by people getting thirsty all the time and urinate (polyuria) often waking up 2-3 times at night to urinate and

most likely go through the night always drinking water. Another type is gestational diabetes characterized by high blood sugar that develops anytime during 24-28 weeks of pregnancy.

Intervention and treatment for diabetes Goal /mission of diet treatment Diet treatment for diabetes aims to reduce the need for insulin and other medication and in the process serve to limit potential damage to the patient's internal organs as well as boost their immune system. Role and importance of proper food selection Glycaemic index and insulin index is used as an indicator when constructing therapeutic diets. It aims to control and taper down carbohydrate intake for the purpose of controlling one's blood sugar tailored according to patient's state of health.

Nothing can be considered as a fully balanced diet unless it contains all the essential nutrients necessary for good health, knowing how much shall be taken and in what forms shall it be consumed. Diabetes cannot be cured but patients may achieve a normal and useful life. Processed food removes fibers and causes the pancreas to produce more insulin. The best way to control the sugar is eating a diet high in complex carbohydrates and low in refined carbohydrates in small but frequent meals. Methods of food and dietary analysis

A better strategy is the recommendation of the AOAC method for dietary supplements and nutrition labeling as basis for quality control. Right food combination diets The Zone diet The zone diet centers on a 40: 30: 30 ratios of carbohydrates, proteins, and fats respectively where one experienced weight lost while simultaneously gaining muscle mass. The key factor in the Zone diet is achieving hormonal balance with a diet plan that actually

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controls insulin production. Zone diet suggests one eats breakfast within an hour of waking, a snack 30 minutes before exercise, and eat a small snack before bed.

The Zone diet encourages one to take lots of fibers and whole grain restricting taking processed food which contains too much salt. This does not prompt the body to convert carbohydrates into fat that is normally stored into one's gut, thighs, buttocks, or other areas. It is recommended that dieters should drink minimum of eight glasses of water everyday. Zone diet gives patients a hand Eyeball Method in determining the amount of carbohydrates, fats, and proteins they are going to eat (Zone diet info n. y.). Measure the amount of protein to be consumed at each meal as equal to the size and thickness of the dieter's palm.

Measure favorable carbohydrates portion size as equal to two loosely clenched fists. Allow only one loose clenched fist for low favorable carbohydrates. Measure fats as equal to the size of the tip of your thumb. Dietary Fiber Diets high in dietary fiber are beneficial to both type 1 and type 2 diabetes patients. Dietary fiber refers to plant foods which the body can't digest or absorb. Consumption of fibers leads to improved glycaemic control and increased insulin sensitivity. Soluble fiber dissolves in water and forms a gel like material and helps lower blood cholesterol and glucose levels.

Dietary fibers has the effect of filling you up, slowing down eating, and satisfying the appetite by sending satiety signals to the brain. Conclusion Diabetes mellitus epidemic cornerstone of treatment is plainly diet and exercise. Zone diet best meet the complexities of diabetes balanced sugar requirements by promoting complex carbohydrates that are high in soluble <https://assignbuster.com/diet-treatment-for-diabetes/>

fiber, a portion of protein and a portion of fats. This insulin control diet returns the body to normal endocrine control by using both insulin and glucagons produced by the body more effectively.

Furthermore the body begins to break down fat deposits and use that fat for energy. People are getting the disease and mostly are overweight because they are eating the wrong kinds of food combination and portion or wrong meal patterns. The Zone diet plan is the only plan that concerns itself with the ingenious works of the body's insulin, proteins, and energy. The Zone diet provides easy ways to measure food intake by the hand Eyeball Method. A lot of diet plans failed because of the complexity of memorizing nutrients and their requirements in food labels.

Although the Zone diet could be seen as very effective in treating diabetics, exercise still is a matter of priority. Diet combined with exercise reduces the loss of precious protein and increases the burning of fat in the process. Other factors like reduction of stress, having adequate sleep contributes to development of insulin resistance. The change of lifestyle should be in addition to the pharmacological intervention of insulin or oral glucose lowering drugs. This is just a matter of understanding the illness, how the body works when one has the disease, and knowing the effects of food intakes with recommended portions.