

## 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

**M Lipman**



## **Food And Nutrition Chapter 20:**

## **Food And Nutrition Chapter 20** Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the power of words has become more evident than ever. They have the capability to inspire, provoke, and ignite change. Such is the essence of the book **Food And Nutrition Chapter 20**, a literary masterpiece that delves deep to the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall impact on readers.

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