

1 OVERVIEW & EVOLUTION NUTRITIONAL MANAGEMENT OF DIABETES

1921

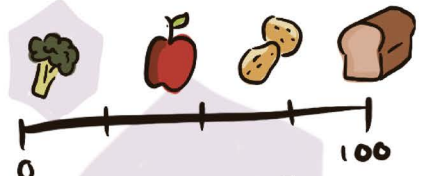
INSULIN
ALLOWED
LIBERALIZATION
OF CARBS FOR T1D



POST-INSULIN
DIABETES
RECOMMENDATIONS

GLYCEMIC INDEX

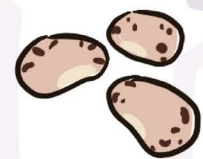
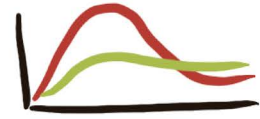
• MEASURES HOW CARBS AFFECT BLOOD GLUCOSE LEVELS AFTER EATING



• COMPARABLE, STANDARDIZED METRIC (0-100)

LOW-GI FOODS

HELP WITH BLOOD GLUCOSE CONTROL...



- ↓ BLOOD GLUCOSE SPIKES
- ↓ DAILY GLUCOSE FLUCTUATIONS
- ↓ GLYCEMIC LOAD
- ↓ OXIDATIVE STRESS

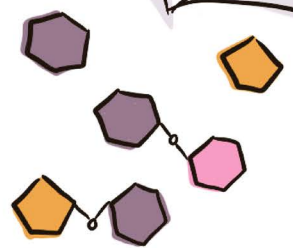
... AND REDUCE RISK OF HEART DISEASE



FOCUS ON NATURE OF CARBS

CONSIDER...

- QUALITY
- MAKEUP
- DIETARY PATTERNS



PLANT-BASED DIETS



LOWER HbA1c LEVELS

REDUCE CARBON FOOTPRINT

