

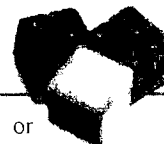
Lesson 5

Let me explain your diet



Read the text and answer the questions below.

Refined Sugar in the Diabetic Diet



Before insulin was discovered in the 1930s, it was possible to treat Diabetes Mellitus Type 1 by strictly controlling carbohydrates in the diet. Refined* sugar was prohibited because it was thought that it raised blood glucose level to dangerous levels. However, in 1994, a committee for the American Diabetes Association, or ADA, published a paper that indicated that there was little experimental evidence to support this position. They pointed out that sugar is a form of carbohydrate and all carbohydrates contain approximately the same amount of energy. So, if a patient eats 100 grams of sugar or 100 grams of

unrefined carbohydrates like rice or potatoes, the amount of glucose entering the blood will be almost the same. Therefore the *amount* of carbohydrate in the diet is important, not necessarily the *type* of carbohydrate. However, it should be borne in mind that unrefined carbohydrates also contain proteins, etc., which are important in a balanced diet.

The important points to remember are that the patient's diet should contain the right number of calories for his or her individual needs and that the diet should be well- balanced.

1. Before the 1930s, how was diabetes treated?
2. On what grounds did the ADA change its policy on refined sugar?
3. If a patient asked you if it was all right to substitute 100 grams of candy for 100 grams of potatoes, what would you say?
4. Should unrefined carbohydrates in the form of sugar be prohibited from a diabetic diet?



Put these pieces of advice in the correct columns.

- Eat three regular meals per day.
- Make sure you eat enough proteins in the form of meat, cheese, eggs, etc.
- Don't eat a whole packet of cookies at one time.
- Don't miss a meal.
- Try to avoid fast food.
- Eat lots of non-starchy vegetables.

Principle 1: Keep your blood sugar at a steady level	Principle 2: Eat a balanced diet
<i>Eat three regular meals per day.</i>	



A nutritionist is explaining to Mark and his mother how to calculate the calories in his diet. Put these steps in the correct order. Then listen and check your answers.

- ☐ ___ Adjust his diet so that he is getting about 2250 calories.
- ☐ ___ Calculate how many calories there are in one of his mom's servings.
- ☐ ___ Check that he is getting a balanced diet.
- ☐ ___ Weigh his mom's servings.
- ☐ ___ Add up the number of calories he eats per day.
- ☐ ___ Check how many calories there are in a regular serving from the chart.