

Nutrients and its association with glycosilated hemoglobin in patients with diabetes type 2 [Asociación entre nutrientes y hemoglobina glicosilada en diabéticos tipo 2]

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Introduction: Hyperglycemia is the main characteristic of diabetes (DM). CHO restriction in diet has the greatest effect decreasing blood glucose levels in both type 1 and 2 DM. Objective: To associate intake of macro and micronutrients and metabolic control in patients with type 2 diabetes. Methods: 714 type 2 diabetic men and women between 27 and 90 years were interviewed at family health centers of Santiago de Chile. We applied a food survey and an anthropometric assessment. Logistic regression test was performed. The value of the odds ratio (OR) and its confidence interval (CI) was also estimated. Results: The mean BMI was 30.8 ± 5.7 kg/m², 29.8% of the subjects had HbA1c compensated. Only the high intake of carbohydrates (75 percentile) was associated with an increased risk of elevated HbA1c OR = 2.7 (95% CI 1.5 to 4.8; p < 0.001). Conclusions: The high intake of rapidly absorbed carbohydrates, high in sucrose and low in fiber is associated as a risk factor to increase HbA1c. The total energy intake and healthy eating patterns should be prioritized in the distribution of macronutrients. It is important to seek advice from a nutrition expert specialized in diabetes who, together with the medical team, shall determine the best treatment to meet patients' individual goals. © 2016, Grupo Aula Medica S.A. All rights reserved.

Carbohydrates

Glycosylated hemoglobin

Hyperglycemia

Nutrients

Type 2 diabetes