

Food and diabetes [Alimentación y diabetes]

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A low glycemic diet may improve metabolic control in type 2 diabetes, but the debate continues. Fruits, despite the fructose they contain, may also lower the glycemic index, as well as its consumption has been associated with a reduction in A1c levels and can positively influence HDL cholesterol, blood pressure and risk of coronary heart disease in general. There is no relationship between fat intake and A1c. On the consumption of alcohol has been reported that moderate alcohol consumption is associated with a lower prevalence of metabolic syndrome, although there is information that relates to the A1c. This article reviews the published evidence on the effect of consumption of fruits, fats and alcohol on metabolic control in diabetics.

Alcohol

Fatty acids

Fruits

Glycemic index

Type 2 diabetes

glycosylated hemoglobin

animal

chemistry

diabetes mellitus

diet

diet therapy

drinking behavior

fat intake

fruit

glycemic index

human

metabolism

non insulin dependent diabetes mellitus

review

Alcohol Drinking

Animals

Diabetes Mellitus

Diabetes Mellitus, Type 2

Diet

Dietary Fats

Fruit

Glycemic Index

Hemoglobin A, Glycosylated

Humans