

Carbohydrates counting as a medical nutrition therapy for diabetes mellitus

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Carbohydrates have the greatest effect on blood-sugar levels when digested. Around 90-100% of the carbohydrate converts to sugar (glucose) within 15 minutes to 1.5 hours. Comparing with only 58% of protein and less than 10% of fat, are converted into sugar within several hours after consumption. Counting carbohydrates is a meal plan that involves matching your insulin dose to the amount of carbohydrates. Conversion of insulin to carbohydrate ratio is a guide for determining how much insulin needed as a bolus dose to help the body process the amount of carbohydrate consuming in a meal. The magic number is 15 for counting carbohydrates (15

grams of CHO = one carbohydrate choice or serving). As an initiation for this method an average might be, 1 unit of insulin for every 10 or 15 grams of CHO for an adult or 1 unit for every 20 to 30 grams for a school-age child, depending on the calculation method used and it will be adjusted as food intake recorded and matching with blood sugar monitoring. Infants and toddlers need individualized determinations by the diabetes care team. Fiber and alcoholic sugar have special consideration in this method because both of them had an effect on blood sugar absorption which affect blood sugar levels.

Biography

M B Agieb got her PhD in Human Nutrition from Ahfad University for Women in Sudan 2009. She joined the Saudi-German Hospital Group as a Head of the Dietetic Department in 2001. She has taught several courses on Food and Nutrition at Batterjee Medical College. Her current concern and interests include nutrition therapy for obesity and diabetes in both adults and adolescents.

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