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Daily protein intake in working females and its correlation to obesity and T2DM

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One of the cornerstones in diabetes management is the medical nutrition therapy. MNT plays a major role towards better diabetes control and weight reduction. Macronutrient composition with special emphasis on the total protein intake of the day has been debated for a long time. However, there is increasing evidence that a modest increase in dietary protein intake (0.8-1gm/kg BW) is a valid option to control obesity and T2DM. Indian meals are known to be predominantly cereal based meals hence the intake of cereal based proteins is naturally on higher side. With the known fact of the cereal based proteins to be less bioavailable, the overall protein intake remains as a cause of concern. On the other hand, the non-vegetarian source of protein is clubbed with high fat (visible and invisible fat) intake. The high fat intake is also linked to higher body mass index (BMI) and obesity, a well-established cause of T2DM. Along with the low protein, high fat dietary patterns the other factors such as age, gender, obesity, hypertension, and family history of diabetes are known to be independent risk factors for diabetes. With urbanization there has been a paradigm shift in the percentage of working females (between the age group of 18-60) in all sections irrespective

of their socio-economic sector. From a corporate office 167 employees opted for a Face to Face (F2F) dietary assessment and counseling session. A sample of 75 female was selected based on the gender specified in the form. The study showed that the overall protein intake in the working females was unsatisfactory. 26% (n=20) of meals had low protein intake (less than 8% / meal). 20% (n=15) recorded a BMI of more than 27 and 10% (n=8) were diagnosed with hyperglycemia and where prescribed oral hypoglycemic drugs.

Speaker Biography

Ashwini S Kanade has completed her Master in Dietetics and Food Service Management, P G Diploma in dietetics, registered dietician 07/04, certified diabetes educator and P G Diploma in clinico regulatory patents from India. She has a work experience of 18 years in the field of nutrition and dietetics. She is a most sort after speaker in the corporate (Google, Infosys, Welspun, Johnson N Johnson to name a few) sector and authored multiple short articles in newspapers and health magazines. She owns a private practice and is associated as a consultant with a digital healthcare company for developing therapy for chronic metabolic diseases to be delivered via an App (smart phone).

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