

For Immediate Release**Contact:** Madison Trimble 703-549-1500 ext. 2139
mtrimble@diabetes.org

American Diabetes Association Releases New Nutritional Guidelines

Statement Notes: When It Comes to Nutrition, There is No “One Size Fits All”

Alexandria, VA (October 9, 2013) – The American Diabetes Association recommends all people living with diabetes make nutrition therapy a part of their diabetes treatment plan, but emphasizes that there is no single eating pattern that is best for everyone, according to a position statement being published online Oct. 9 in *Diabetes Care*.

This position statement replaces the nutrition therapy recommendations for the management of adults with diabetes published in 2008. The 2013 statement provides a set of recommendations based on review of recent scientific evidence. It calls for all adults diagnosed with diabetes to eat a variety of nutrient-dense foods in appropriate portion sizes as part of an eating plan that takes into account individual preferences, culture, religious beliefs, traditions and metabolic goals. Since people eat food and not single nutrients such as carbohydrates, protein and fat, the report includes a new section on eating patterns.

“Just because you have been diagnosed with diabetes does not mean you can no longer enjoy the foods you love or your cultural traditions,” said Alison Evert, MS, RD, CDE, Coordinator of Diabetes Education Programs – University of Washington Medical Center, Diabetes Care Center. “Ideally the person with diabetes should be referred to a registered dietitian or participate in a diabetes self-management education program, soon after diagnosis. An important goal of nutrition therapy for adults with diabetes includes the collaborative development of an individualized eating plan with ongoing support to promote health behavior change.”

Jackie Boucher, MS, RD, LD, CDE, Vice President for Education, Minneapolis Heart Institute Foundation, noted that the scientific evidence is still limited related to various eating patterns and their impact on health outcomes in individuals with diabetes. Current evidence does not strongly support one eating pattern over another. “Whether you prefer a Mediterranean, vegetarian or lower-carbohydrate eating plan is less important than finding an eating pattern that fits your food preferences and lifestyle, can be consistently followed and that provides you with the nutrition you need for good health,” she said.

In choosing an appropriate eating plan, people with diabetes should be sure to consider individual metabolic goals, such as their glucose and lipid levels and blood pressure, the statement notes.

The new guidelines also note that there is no conclusive evidence of an ideal amount of carbohydrate intake for people with diabetes. However, the authors suggest that whatever carbohydrates are eaten should come from vegetables, whole grains, fruits, legumes and dairy products, over other sources that contain added fats, sugar or sodium. Likewise the evidence remains inconclusive for an ideal amount of total fat intake. Fat quality (eating monounsaturated and polyunsaturated fats and avoiding trans fats and saturated fats) appears to be more important than quantity, the authors note. Although individuals working to manage their weight should still eat even good fats in moderation.

The new recommendations also state:

- People with diabetes should limit or avoid intake of sugar-sweetened beverages (from any caloric sweetener including high fructose corn syrup and sucrose) to reduce risk for weight gain and worsening of cardiovascular risk profile.
- The recommendation for the general population to reduce sodium to less than 2300 mg per day is also appropriate for people with diabetes, with additional reductions individualized for those who have high blood pressure. Studies show most Americans eat far more sodium than they should.
- People with diabetes do not benefit from use of omega-3 (EPA/DHA) supplements for the prevention or treatment of cardiovascular disease. The recommendation for the general public, to eat fatty fish at least 2 times (2 servings) per week is also appropriate for people with diabetes.
- There is no clear evidence of benefit from vitamin or mineral supplements for people with diabetes who do not have underlying vitamin or mineral deficiencies. Nor is there evidence to support the use of cinnamon or other herbs or supplements for the treatment of diabetes.

The American Diabetes Association is leading the fight to Stop Diabetes[®] and its deadly consequences and fighting for those affected by diabetes. The Association funds research to prevent, cure and manage diabetes; delivers services to hundreds of communities; provides objective and credible information; and gives voice to those denied their rights because of diabetes. Founded in 1940, our mission is to prevent and cure diabetes and to improve the lives of all people affected by diabetes. For more information please call the American Diabetes Association at 1-800-DIABETES (1-800-342-2383) or visit www.diabetes.org. Information from both these sources is available in English and Spanish.

###