

**CARBOHYDRATE INTAKE OF INDIAN DIABETICS**  
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Diet plays an important role in the management of diabetes and its complications. It is known that with the development of disease, diabetics alter their dietary habits. But, there is little information on the prevailing dietary practices of diabetics and the changes they make after the diagnosis of disease. In the present study, current and prediabetic state dietary history of 60, Type II diabetic patients and 63 control subjects belonging to same socio-economic group were recorded.

Most of the patients changed their staple diet from rice to wheat with the onset of disease. They reduced the amount of sugar and vegetables like potatoes in their diet. The total quantity of food was also reduced, as a result there was nearly 400 calories reduction in the total calories consumed between diabetic and pre diabetic state. The amount of fat consumed by the diabetics was found to be significantly higher as compared to their non diabetic counterparts (control subjects).

As regards to nutrient intake, the percentage of calories from fat and protein was higher in diabetics as compared to their prediabetic state as well as to that of control subjects. On the other hand, percentage of calories derived from carbohydrates was lower. The Diabetic Associations of several countries have recommended high carbohydrate, high fibre and low fat diets for diabetics. Thus, the overall changes in nutrient intake in diabetics after development of disease particularly a reduction in percentage of calories from carbohydrates observed in the present study are contrary to these guidelines. The information collected in the present study is useful in planning and recommending appropriate diets for diabetic patients.