



CELEBRATING WORLD DIABETES DAY

According to the World Health Organization, the prevalence of Diabetes Mellitus in Qatari adult population is approximately 17%

17%

Diabetes Mellitus

A chronic, metabolic disease characterized by elevated levels of blood sugar, which leads over time to serious damage to the heart, blood vessels, eyes, kidneys and nerves if left uncontrolled

Types of Diabetes

- Type I Diabetes, the less common type, usually occurs during childhood and adolescence
- Type II Diabetes, the highly prevalent type, is more common in older adults
- Gestational diabetes, the one diagnosed during pregnancy

Primary Symptoms

- Excessive hunger or increased appetite
- Increased urination
- Increased thirst
- Fatigue
- Unintended weight loss
- Blurred vision



TIPS AND DIETARY INTERVENTIONS FOR DIABETES

Lose weight gradually in cases of overweight or obesity



Engage in 150 minutes of aerobic activity per week, spread over at least 3 days/week, with no more than 2 consecutive days without activity



Enjoy a plate

Half-filled with non-starchy vegetable (capsicum, pepper, cabbage, lettuce, cucumber, kale, broccoli, eggplant)

Quarterly filled with carbohydrates foods of low glycemic index (legumes, whole-grain pasta, whole-grain bread)

Quarterly filled with lean meats or proteins (fat free meats, fish)



Monitor your blood glucose level on a daily basis



Read food labels to check the sugar/starch content of the food product



Eat your meals and snacks on time everyday



Never skip meals and map them with medications



For more information please contact:

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