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**SUMMARY OF DIETARY RECOMMENDATIONS FOR PEOPLE
WITH DIABETES**

SUMMARY OF DIETARY RECOMMENDATIONS FOR PEOPLE WITH DIABETES

This document's aim is to contribute to comprehension of document COM(2008)392

PAN-EUROPEAN ORGANISATIONS REPRESENTING PEOPLE WITH DIABETES AND/OR THEIR HEALTHCARE PROVIDERS

	European Association for the Study of Diabetes 2004	International Diabetes Federation (Europe) 1998 for Type 1 diabetes^{vii}	International Diabetes Federation (Europe) 1999 for Type 2 diabetes^{viii}
Body Mass Index	18.5-25 kg/m ²		
Total energy intake	to achieve or maintain desired BMI	to achieve or maintain desired BMI	to achieve or maintain desired BMI
Carbohydrate	Usually 45-60% total energy (Carbohydrates and monounsaturates 60-70% total energy)	50-55% total energy	carbohydrate-rich diet
sugars	< 10% total energy	do not need to be excluded but often need to be limited	do not need to be excluded but should be limited
fibre	high-fibre foods > 40g/day (or 20g/1000 kcal) low glycaemic index foods	soluble fibre	soluble fibre
Fat	< 35% total energy		
saturated/ <i>trans</i> fatty acids	< 10% total energy	< 10% total energy	< 10% total energy
polyunsaturated fatty acids	< 10% total energy	< 10% total energy	< 10% total energy
<i>cis</i> -monounsaturated fatty acids	usually 10-20% total energy (Carbohydrate and <i>cis</i> -monounsaturates 60-70% energy)	to balance energy intake	use to maintain palatability and balance energy intake

	European Association for the Study of Diabetes 2004	International Diabetes Federation (Europe) 1998 for Type 1 diabetes^{vii}	International Diabetes Federation (Europe) 1999 for Type 2 diabetes^{viii}
cholesterol	< 300mg/day		

	European Association for the Study of Diabetes 2004	International Diabetes Federation (Europe) 1998 for Type 1 diabetes^{vii}	International Diabetes Federation (Europe) 1999 for Type 2 diabetes^{viii}
Protein	10-20% total energy around 0.8g/kg body weight if established nephropathy	< 15% total energy < 0.8g/kg body weight if incipient or established nephropathy	< 15% total energy < 0.8g/kg body weight if incipient or established nephropathy
Alcohol	if taken:< 10g/day women < 20g/day men	moderate if desired	if desired as part of energy intake
Salt: normotensive hypertensive	< 6g/day further restriction may be of value	- < 7g/day	- < 6g/day
Fruit and vegetables	5 + servings/day	5 items/day	encouraged as part of mealtime energy intake
Non-calorific sweeteners			

SUMMARY OF DIETARY RECOMMENDATIONS FOR PEOPLE WITH DIABETES

RECOMMENDATIONS BY MEMBER STATES

	France¹	Sweden² (Obese type 2 diabetics)	United Kingdom^{ix} (2003)
Body Mass Index			18.5-24.9 kg/m ² (depending on waist circumference and racial background)
Total energy intake	35 kcal/kg women 38 kcal/kg men		appropriate to sustain growth in children, to prevent or correct obesity in adults
Carbohydrate	45-55% total energy		45-60% total energy
sugars	< 10% total energy		sucrose <10% of total energy fructose, provided it is eaten in context of a healthy diet.
fibre			
Fat	30-35% total energy	< 30% energy	< 35% total energy
saturated/ <i>trans</i> fatty acids	25% fat intake (equals < 10% total energy)		< 10% energy
polyunsaturated fatty acids	25% fat intake (equals < 10 % total energy)		n-6 < 10% energy n-3 – eat fish, especially oily fish, once or twice weekly
cis-monounsaturated fatty acids	50% fat intake (equals 10-20% total energy)		10-20% total energy

¹ Summary of recommendations provided by French Administration.

² Information provided by Swedish National Food Administration.

	France¹	Sweden² (Obese type 2 diabetics)	United Kingdom^{ix} (2003)
cholesterol			< 300mg/day (would be expected if saturated fatty acids < 10% total energy)
Protein	1g/kg ideal body weight or 10-15% total energy		Not<=1g/kg body weight
Alcohol			sensible drinking advice as for the general population
Salt			< 6g/day
Fruit and vegetables			
Non-calorific sweeteners			Useful for overweight individuals

REFERENCES

- vii. European Diabetes Policy Group. A desktop guide to Type 1 diabetes mellitus. *Diabetic Medicine*, 1999, 16: 253-266.
- viii. European Diabetes Policy Group. A desktop guide to Type 2 diabetes mellitus. *Diabetic Medicine*, 1999, 16: 716-730.
- ix. Nutrition Subcommittee of the Diabetes Care, Advisory Committee of Diabetes, UK. The implementation of nutritional advice for people with diabetes. *Diabetic Medicine*, 2003, 20: 786-807.