

Dr Jagmeet Madan, National President, IDA, Principal & Professor Dept. of Food, Nutrition & Dietetics, SVT College of Home Science, (Autonomous), SNDTWU, Mumbai presented on ‘Nutrition Priorities in Type 2 Diabetes Management’. To begin with, she first talked about the Theme of Diabetes Day 2023, which is ‘Access to Diabetes Care; Know your risk, know your response; Delay and prevent diabetes’. She highlighted the need to monitor carbohydrate intake and provided data on macronutrient distribution in T2DM patients in India.

Dr Madan also presented findings from a dietary survey in an Indian T2DM population, which includes information on the composition of various food samples. She further discussed the relationship between nuts and diabetes prevention and management, presenting findings from various trials. Moving ahead, she emphasized the importance of good quality protein and dietary fibre in the diet, as well as traditional Indian dietary practices that include a variety of local seasonal vegetables and fruits.

She concluded her talk by highlighting the need for productive management of diabetes to prevent complications.