

Food intake and diet history in patients with type1 and type 2 diabetes

Supported by: GREEN, IAS, AIC

Background

Diabetes is among the common metabolic disorders in Iran. The aim of this study was to determine the individual characteristics and diet history in patients with type 1 or 2 diabetes.

Methods

This cross sectional retrospective study was conducted to investigate patients with type 1 or 2 diabetes referred to care centers during 2010-2012 and documentarily profiled. Individual questionnaire, food frequency questionnaire and face to face interview were used to collect the data. The data were analyzed using student t- or Chi-square tests and ANOVA.

Results

The results indicated that the frequency of type 2 diabetes was significantly more than type 1 ($p < 0.01$). The frequency of type 1 or 2 diabetes was higher in females than males ($p < 0.01$). A family history of diabetes was observed in 64% and 82% of patients with type 1 or 2 diabetes, respectively. There was lower consumption of cereal food groups in diabetic patients than standard recommended orders ($p < 0.001$).

Conclusion

Our finding indicates that lower consumption of cereal food groups, especially whole grains, had considerable role in type1 or type2 diabetes development.