

# Control de la diabetes

## RECOMENDACIONES NUTRICIONALES GENERALES I

1

La dieta:



Dieta individualizada, variada y equilibrada.

2

Número de comidas:



Fraccionar en 4 ó 5 tomas al día (menor volumen de alimento por toma, mejor control).

3

Concordancia:



Con el tratamiento con insulina o con la toma de antidiabéticos orales y con la práctica de ejercicio físico.

4

Consumo de fibra:



Rica en fibra (verduras, menestras, frutos secos, cereales integrales y fruta en las cantidades adecuadas a cada caso).

5

Grasas:



Pobre en grasas saturadas y colesterol (moderar el consumo de lácteos enteros y los muy grasos, carnes grasas, huevos y sus derivados, embutidos, vísceras, etc), para prevenir a largo plazo de enfermedades cardiovasculares.

# Controlar La Diabetes

**Joacim Rocklöv**



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