THE ASHGABAT TIMES

Type 2 diabetes can occur for various reasons. One of them is your food. These are the products contain many hidden sugars or saturated fats.

Starchy vegetables. There are a lot of carbohydrates in these vegetables. These include potatoes, corn, green peas and winter species.

Red and processed meat. One study, which covered more than 63,000 adult Chinese, showed that the use of red meat increases the likelihood of type 2 diabetes. Moreover, this connection was more expressed in women. There are many nitrites and nitrates in red and processed meat. It was proved that they lead to an increase in insulin resistance, an abnormal level of glucose, and increased oxidative stress.

Processed fruits. We are talking about those that have been processed to turn into jams, jelly, sweet snacks, about fruit canned in sweet syrup. Dry fruits also sometimes contain added sugar.

White Fig. Compared to brown rice in it is less fiber, polyphenols and other vitamins and minerals. This rice also has a high glycemic index.

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Soda. The use of sweet drinks (including sugar juices, fruit drinks, sports drinks, flavored coffee drinks, sweetened tea, energy) significantly increases the risk of type 2 diabetes. According to one study, each portion of a sweet drink per day increases this risk by 18%.

Salt snacks. They can increase blood pressure, which increases the risk of other health problems. In particular, a heart attack, stroke, kidney diseases.

Panned fish. Many species of fish (salmon, tuna and mackerel) contain many fats useful for the heart. However, panic and fried fish can increase blood sugar, negatively affect cholesterol. During one study, it turned out that fried fish is associated with an increased risk of type 2 diabetes.

Salad seasonings and dressings. Ketchup, mayonnaise, barbecue sauce and various salad dressings often contain a lot of added sugar, sodium and saturated fats.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.

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