

In diabetes mellitus, the main attention is paid to proper nutrition. It is also important to understand what drinks and products interact with diabetes and affect their effectiveness. This was described in more detail by nutritionists and pharmacists.

High fat products. Scientists associate excess of saturated fats with an increased risk of type 2 diabetes. Also, such food can affect the assimilation of some drugs. According to the nutritionist Daria Podzhak, food with a high fat content slows down digestion. Because of this, some drugs are more slowly absorbed. Examples of such products are whole -fat dairy products, treated meat, fried foods and pastries (cookies, cakes).

Highly added sugar products. These include sweets, carbonated drinks, desserts, fruit juices. They do not interfere with the effects of drugs, but greatly make it difficult to maintain a stable blood sugar. If possible, focus on the use of whole products that contain fiber: these are beans, legumes, whole cereals, fruits, vegetables.

Highly processed and refined carbohydrates. Often causes jumps in blood sugar such food as white bread, flakes with a high sugar content, chips, rolls, crackers, croissants, cookies, pies. If you still decide to include them in your diet, then combine them with proteins or fats as part of a balanced diet. This will slow down digestion and prevent jumps in blood glucose levels. However, the American Diabetic Association (ADA) strongly recommends that people with diabetes give preference to minimally processed sources of carbohydrates with a high fiber content.



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Caffeine. The diuretic effect of the drugs of the class of SGLT2 inhibitors (Jardins, Stepladro "and" Forciga ") can aggravate due to the large amount of caffeine. If you take these drugs, then follow the norms of 400 mg of caffeine (about three or four coffee coffee cups) per day.

Alcohol. If you drink it on an empty stomach or when passing food, then it can adversely affect the use of diabetes. Alcohol increases the risk of hypoglycemia, especially in people who take insulin or sulfonylmochevin. All because alcoholic drinks violate the ability of the liver to release glucose into the bloodstream. In addition, such drinks can aggravate side effects (nausea, digestive disorder) when taking metformin.

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