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Pattern of daily carbohydrate and fruit consumption among a group of patients with type 2 diabetes attending a dabetic clinic of a tertiary care institution

Abhayaratna SA[1], de Abrew K[1], Somasundaram NP[2], Haputhanthrige IU[1], Paherathy A[1], Rameshkumar T[1], Mythily S[1], Wickramarathna TN[1], Wijayabandara MDMS[1], Warapitiya DS[1]

[1]Department of Pharmacology, Faculty of Medicine, University of Colombo, Sri Lanka
[2]Diabetes and Endocrine Unit, National Hospital of Sri Lanka

Introduction & Objectives:

Sri Lankan diet is high in carbohydrates (CHO). Limiting CHO and correct timing of fruits are recommended in diabetes. This study assessed the pattern of fruit intake and amount of CHO intake looking into some contributing factors.

Methods:

A cross-sectional descriptive study was conducted at the diabetic clinic of the National Hospital of Sri Lanka, with 330 participants. Socio-demographic information, daily fruit and CHO containing foods in main meals were obtained using an interviewer-administered questionnaire. Carbohydrate content was calculated using NUTRISURVEY software. Data was analysed with SPSS.

Results:

Mean age was 58 (SD±10) years; 77% were women; they had an average BMI of 26.5Kg/m^2, 63% had not completed O/L's. Of the participants, 55.8% consumed fruits daily; bananas (54.5%) and papaw (11.4%). Star fruit was consumed by 3.6%. Fruits were consumed as juice daily by 1.2%. Majority (66%) consumed fruits immediately after a main meal and only 17.1% consumed fruits between main meals. The average carbohydrate consumption for main meals was 259g/day (males-353g/day, females-231g/day). There was no significant relationship between the daily carbohydrate consumption and level of education. Carbohydrate consumption was significantly higher in the income group over Rs.45,000 when compared with the lesser income groups ($p<0.05$). Mean HbA1c level in the study group was 8.4% (SD±2.2).

Conclusion:

Average daily carbohydrate consumption for three main meals was well above the recommended 180g (60g/meal) for diabetic patients and may have contributed to the high HbA1c. With increasing purchasing power participants seem to choose a diet high in carbohydrates. Majority did not conform to the recommended timing of fruit consumption.