



Type 1 Diabetes - Policy & Procedure

Policy:

The Keep Canada Slim program for clients with Type 1 diabetes (also called insulin dependent or juvenile diabetes) focuses on teaching people to balance their intake of calories during the course of the day, while improving the quality of their food choices. Additional focus is given to teaching better carbohydrate choices, including those indicated by the Glycemic Index and Glycemic Load. The combination of these strategies is designed to moderate serum glucose level spikes and contribute to the successful management of this disease.

Type 1 diabetes, usually diagnosed in children and adolescents, occurs when the pancreas is unable to produce insulin. Approximately 10 per cent of people with diabetes have Type 1 diabetes.

Keep Canada Slim consultants are not medical professionals, so no advice is given specifically on treatment for diabetes itself. This should always be handled by a doctor or other qualified staff. Type 1 diabetics are advised to seek a doctor's approval before starting any weight control program. We advise diabetics to monitor their insulin usage and blood glucose levels more frequently when they are changing eating habits.

In addition, in view of the serious risks connected with improper control of blood glucose levels we would counsel patients to withdraw from the program should adverse symptoms be evidenced.

Procedure:

The Keep Canada Slim program is slightly more stringent than the dietary recommendations of the **Canadian Diabetic Association (CDA)** diet as listed in the **CDA Clinical Practice Guidelines**. Specifically we educate patients on the benefits of:

1. Reducing fat to less than 20% of the total calories consumed
2. Dividing their day's intake into evenly balanced meals of 3-400 calories
3. Increasing the intake of complex carbohydrates which contain fibre
4. Choose carbohydrates based on their Glycemic Index and Glycemic Load
5. Avoiding saturated and hydrogenated fats
6. Increasing the intake of monounsaturated fats such as olive oil, canola or peanut oils
7. Increasing the intake of Omega 3 fats (from tuna, salmon, almonds, walnuts and flax seed)

The Glycemic Index (GI) and Glycemic Load (GL) charts measure the insulin response generated by carbohydrates, and are an important tool for diabetics. Foods that score lower on the GI and GL can significantly reduce insulin challenges.

Keep Canada Slim also offers optional supplement programs that feature key nutrients which help improve insulin sensitivity. A second supplement option can also lower cortisol levels, an important step in reducing stress, which can help diabetics better manage their disease.

Note: patients who use the supplement package should be instructed to monitor blood sugar levels closely for the first 30 days, since it contains chromium, which is known to have a beneficial effect on blood sugar levels.

Sources: *Beyond Meal & Snack Planning*, American Diabetes Association, www.diabetes.org; , Canadian Diabetic Association 2003 Clinical Practice Guidelines, Thomas Wolever, MD PhD, Rejean Gougeon, PhD, Catherine Freeze, RD CDE, Catherine Field Rd PhD, Kunsuda Thongthai MD FRCPC.