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INDUSTRY STANDARD OF THE PEOPLE'S REPUBLIC OF CHINA

WS/T 429-2013

Dietary guide for adult diabetes patients

成人糖尿病患者膳食指导

(English Translation)

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Preview: page 1 of 3 shown, 8 in the full document. Complete English PDF, instant download:
https://chinastandards.org/standards/ws-t-429-2013

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Table of Contents

Foreword

1 Scope

2 Terms and definitions

3 Recommended nutritional intake

3.1 Energy

Foreword

This standard was drafted in accordance with the rules given in GB/T 1.1-2009.

This standard was drafted. Beijing Union Medical College Hospital, Peking University People's Hospital, Chinese People's Liberation Army General Hospital, Xijing Hospital, Zhongshan University Affiliated Third Hospital, Shanghai Huadong Hospital, China Center for Disease Control and Nutrition and Food Safety.

1 Scope

This standard specifies the recommended nutrient intake of adult diabetics, dietary principles and diet guidance.

This standard applies to doctors, dietitians, nurses and other health-related personnel on the diet of diabetic patients guidance.

This standard does not apply to special diabetic population (type 1 diabetic children, gestational diabetes women, etc.).

2 Terms and definitions

The following terms and definitions apply to this document.

Diabetes Mellitus; DM by genetic factors, endocrine disorders and other pathogenic factors, resulting in islet dysfunction, insulin resistance caused by sugar, Protein, fat, water and electrolytes and a series of metabolic syndrome. Clinically high blood sugar as the main feature. Divided into type 1 diabetes, Type 2 diabetes, gestational diabetes and other types of four types of special diabetes.

Medical nutrition therapy; MNT Nutritional measures taken for specific diseases under clinical conditions. Including individualized nutritional assessment of patients, diagnosis and nutrition treatment Treatment plan formulation, implementation and monitoring.

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Glycemic Index Glycemic Index; GI After eating a constant amount of food (including 50g of carbohydrates), the area under the blood glucose curve within 2h ~ 3h divided by the increase in fasting the corresponding increase after eating 50g glucose. GI is generally defined as 55% low GI foods, 55% ~ 70% GI foods, GI >= 70% High GI food.

Glycemic load; GL

The product of carbohydrate (g) and GI is available in 100 g of food. GL >= 20 for high GL foods, 10 to 20 for the GL Food, GL <= 10 for low GL foods.

Food exchange foodexchanges the common foods in accordance with the amount of constant nutrient divided into different categories, similar foods contained in a certain weight of protein, fat, carbohydrates the structures of the compounds are similar and their energy generation is similar. Food can be exchanged between.

3.1 Energy

Calculate the recommended energy intake at 105kJ (25kcal)/(kg. d) ~ 126 (30kcal)/(kg. d) by universal factoring.

According to the patient's height, weight, gender, age, activity, stress and other factors to adjust, see Table 1.

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