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Plant-based diets and nutraceuticals in diabetes



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The prevalence of type 2 diabetes is rising worldwide, especially in older adults. Lifestyle changes, particularly in diet, can be highly effective in preventing, treatment, and even reversing type 2 diabetes. Lifestyle changes address the root causes of type 2 diabetes and can ameliorate comorbidities while reducing the risk of polypharmacy, particularly in the elderly. A variety of eating patterns are acceptable for the management of diabetes, like for example, plant-based diets. This kind of diet is especially potent in preventing and treating type 2 diabetes and has been associated with much lower rates of obesity, hypertension, hyperlipidemia and cardiovascular mortality. In addition, a diet with a high content of nutraceuticals can be an appropriate strategy. A nutraceuticals compound is a substance, which has physiological benefit or provides protection against chronic diseases, or specific clinical conditions. Nutraceuticals may be used to improve health, delay the aging process and prevent chronic diseases, like type 2 diabetes. Various nutraceuticals have been studied to evaluate their impact on type 2 diabetes, glycemic control in people with diabetes, and on the various complications of diabetes. Specific nutraceuticals have proven to be of benefit, like berberine, *Gymnema sylvestre*, milk thistle, ginger, *Ganoderma lucidum*, *Plantago*

ovata, *Aloe vera*, fenugreek and others. Better knowledge of selected nutraceuticals and more appropriate formulations, leading to improved bioavailability, will certainly widen the use of these agents, already in large use for the management of these very frequent patient groups. These products are promising and merit consideration and further research

Biography

Daniela de Almeida is a registered Nutritionist, President of INUG Nutrition (Nutrition and Gastronomy Institute) and Professor in Faculty of Technology Ipê FAIPE. She is the Supervisor of the Post-graduation of Nutraceuticals and Nutricosmetics in Clinical Practice. Since 2008, she is an Organizer and Scientific Director of the Functional Nutrition Congress and the Symposium of Sports Nutrition and Functional Gastronomy of RJ INUG. She has extensive experience in Clinical Nutrition, is Educator in Diabetes by the International Diabetes Federation, Nutritionist of the Department of Nutrition and Metabolism of the Brazilian Society of Diabetes and Co-author of the book "Guidelines of the Brazilian Society of Diabetes".

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