

## New aspect in nutrition: Effect of nutritional education on diabetes management during Covid-19 pandemic

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### Abstract

Diabetes has been considered as a health-related problem and has gained a growing trend among populations. Besides that, Covid-19 outbreaks seem to put patients with diabetes at greater risk.

It is well known that obesity and diabetes come with inflammation and are related to lifestyle parameters including nutrition and dietary pattern. It is suggested that increase in anti-inflammatory nutrients via dietary pattern improvement may be an effective strategy for diabetes management. As prevention is always prior to treatment, eating a well-balanced diet and various food groups' consumption seems to be a better way to provide individual's need to nutrients especially anti-inflammatory and antioxidant agents rather than supplementation which can be achieved with proper and well-organized educational programs. Education is an effective and safe strategy to improve dietary diversity, induce anti-inflammatory condition and improve antioxidant capacity which leads to better diabetes managements during COVID-19. According to the pandemic and lockdown, recruiting online educational programs emphasizing on food groups, essential nutrients, anti-inflammatory foods and antioxidants not only for patients diagnosed with diabetes or under diabetes treatment, but also all the individuals especially susceptible groups, may have significant effect on nutritional knowledge improvement, better food choice, more effective health related condition management and better quality of life which can lead to better health status.

### Biography

Kimia Moiniafshari was graduated in nutrition field from Shahid Beheshti University of medical science and has accepted and published papers in international nutrition conferences in autism and sport nutrition area. She has translated books "Eating for Autism", "turn fat into muscle", "No body's perfect" and "nutrition for cancer" into Persian. Her thesis during BSc course was about nutritional strategies for autism prevention and related symptoms managements. During her MSc course, she focused on the effect of vitamin D, omega-3 fatty acids and aerobic exercise effect on metabolic syndrome factors in obese women. She is now PhD candidate of exercise physiology and has focused on effect of nutrition and exercise on neuroscience..



[4<sup>th</sup> Global experts meet on Advanced Technologies in Diabetes Research and Therapy](#) | January 27, 2021

**Citation:** Kimia Moiniafshari, New aspect in nutrition: Effect of nutritional education on diabetes management during Covid-19 pandemic, Diabetes Meet 2021, 4th Global experts meet on Advanced Technologies in Diabetes Research and Therapy | January 27, 2021, 04