

# Evaluation of Dietary Habits among 100 Type 2 Lebanese Diabetic Patients

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Type 2 diabetes is a well characterized but inadequately controlled disease. Optimal glycemic control can reduce the incidence of its complications. Adequate nutrition has a crucial role in the management of this disease. Lack of understanding of the beneficial effects of dietary choices and exercise in the regulation of type 2 diabetes, may lead to inappropriate treatment methods. This study evaluates the dietary habits of a sample of 100 Lebanese, adult and stable type 2 diabetic patients.

Validated questionnaires were distributed in 3 clinics in 2 Lebanese regions.

Descriptive statistics were used via SPSS 16.0.

Fifty five per cent of the sample consumes sweetened drinks more than once per day, 23% consumed more than 3 fruits per day. Forty two per cent consumed refined bread and 38% surpassed the recommended intake of pastry per week. Sixty three per cent consumed legumes less than 3 times per week and 33% consumed less than 2 exchanges vegetables per day. Six percent surpassed the alcohol consumption guidelines and 62% drank less than 1.5L of water per day. Sixty four per cent had an irregular meal schedule and consumed less than 5 meals per day, 69% had a sedentary lifestyle and 42 % were regular smokers 58 % of the non smokers were passive smokers.

This study pioneers in revealing poor dietary habits in Lebanese diabetic patients, suggesting the necessity of a public health educational program targeting this issue.

Key words: type 2 diabetes, dietary habits, dietetic management.