Dietary habits and adherence to dietary recommendations in patients with type 1 and type 2 diabetes compared with the general population in Denmark

Objectives The aim of the present study was to examine dietary habits and adherence to dietary recommendations in adult patients with type 1 diabetes (T1D) and type 2 diabetes (T2D) compared with the general population in Denmark. Methods The study was cross-sectional and included 426 patients with T1D and 348 patients with T2D recruited from an outpatient diabetes clinic in the capital region of Denmark. Dietary habits were assessed by a food frequency questionnaire and compared with dietary data from 2,899 participants without diabetes from the Danish National Survey of Dietary Habits and Physical Activity. Results Patients with diabetes had a 20-50% lower intake of added sugar and alcohol, and a 10-20% higher intake of fibre and vegetables compared with the general population (p<0.001 for all). Patients with T2D had a 37% lower intake of alcohol compared with T1D (p<0.001). Adherence to dietary recommendations (e.g. fibre, saturated fat, vegetables, fruit and fish) were low in all groups but lowest in the general population. Conclusion The Danish diet is too high in saturated fat and too low in dietary fibre, vegetable, fruit and fish compared to dietary recommendations in both patients with diabetes and the general population. However, our data demonstrate that patients with diabetes consume a healthier diet compared to the general population: Limiting the intake of added sugar and alcohol, and increasing the intake of vegetables and dietary fibre.

General information
Publication status: Published
Organisations: National Food Institute, Division of Risk Assessment and Nutrition, Steno Diabetes Center Copenhagen, Rigshospitalet, University of Copenhagen
Corresponding author: Ewers, B.
Pages: 49-55
Publication date: 2019
Peer-reviewed: Yes

Publication information
Journal: Nutrition
Volume: 61
ISSN (Print): 0899-9007
Ratings:
BFI (2019): BFI-level 1
Web of Science (2019): Indexed yes
Original language: English
Keywords: Dietary survey, Nutrition, Dietary recommendations, Dietary adherence, Dietary intake, Type 1 diabetes, Type 2 diabetes
DOIs:
10.1016/j.nut.2018.10.021
Source: FindIt
Source ID: 2440934648
Research output: Contribution to journal › Journal article – Annual report year: 2019 › Research › peer-review