

Supported by an unrestricted grant from Abbott

DIABETES' TABLE

MASTER THE LIMIT



ISTEDDA SARDINIA
DCC

WWW.ISTEDDA.SARDEGNA.IT

BIOTELEMETRY SYSTEM

DUCATI ATHLETIC
OFFICIAL CLUB



Abbott

I N T R O D U C T I O N

THE PROJECT



A **Diabetic Advocate** and a **Chef** reinterpret the most famous recipes of traditional Italian cuisine, supported by an **Endocrinologist** specialized in Nutrition and Metabolic Diseases and a medium/high level **Instructor** and athlete in the pre-diabetes phase.

The format promotes **social inclusion** and improve the realization that **healthy lifestyle** is the key to get better. We want to share our **optimism**! Everyone can do whatever he/she wants: even with a chronic illness, like Type One Diabetes People. In these video, the Chef is talking about the **meal preparation**; the Doctor and the Diabetes Advocate, are talking about the importance of **carbohydrate count**, the **glycemic index** and the **glycemic load** of the meal, and the "tricks" to avoid "glycemic waves". The Federal Instructor focus his speech on the importance of physical and **sporting activity** in order to prevent or manage a health problem.

DIABETES

<<**Diabetes Mellitus**>> is a group of endocrine diseases that have - as lowest common denominator - a high blood sugar level, called **hyperglycemia**.

Within this group there are different types of diabetes, like Type 1 Diabetes Mellitus and Type 2 Diabetes Mellitus.

The first is formerly known as **juvenile diabetes** because can appear rather suddenly, especially in children; the second, however, is more common in older adults but the increase in the number of children with obesity has led to more cases of type 2 diabetes in younger people.

We don't know why T1D comes in someone's life. T1D is thought to be caused by an autoimmune reaction; there is no definitive cure for Type 1 Diabetes, but it can be managed. The primary treatment for T1D is lifelong insulin therapy, which involves regularly monitoring blood sugar levels and the administration of insulin.

Type 2 Diabetes, on the other hand, most of the time, is the consequence of unhealthy food, being overweight and have an inactive life. These are some of the key contributing factors.

PREVENTION

What's the meaning of <<Diet>>? The original meaning is <<lifestyle>>, and not restriction! The trump card is change a lifestyle from an unhealthy one to an healthy one, choosing a balanced diet and an active life. Although, the nutritional situation is very different between different states and even different regions. Is generalised the tendency towards excessive consumption of food compared to real physiological needs.

About 38 million Americans have diabetes (about 1 in 10), and approximately 90-95% of them have type 2 diabetes.



C O M E A N D D I S C O V E R T H E
K N O W L E D G E A N D T A S T E S
O F O U R L A N D

FOOD EDUCATION

How to prevent or delay the onset of type 2 diabetes

Follow a controlled diet is one of the fundamentals to maintaining good metabolic control and an healthy lifestyle.

This means knowing the **food pyramid** (a guide to a balanced diet) the nutritional principles - such as **carbohydrates, fats, proteins, vitamins, mineral salts** and maintaining **hydration** - their role and their functions. Nothing will be precluded thanks to food awareness and everything can be managed with a different method, it depends on the specificity of the person.

The Italian tradition is rich in tasty and healthy dishes that can be consumed in different ways.

But what to do in case of physical activity? Can a person suffering from Diabetes Mellitus eat everything?

TRADITIONAL ITALIAN RECIPES

Learn to know, to choose, and to manage the meal

To answer this question we have chosen some of the **healthiest recipes** among those of the Italian regional tradition.

The dishes are calibrated in macronutrients.

We have chosen to include - at the beginning of the meal - **proteins** and **vegetables**.

This "trick" helps to manage **glycemic spikes**.

The **energy drink** is essential for having vitamins and integrating liquids with a low glycemic index. Carbohydrates are more manageable if eaten last and after physical activity.

The added value of this project is the support of **four professional figures operating in the medical and gastronomic field**, as well as sport and training and awareness for people with prediabetes and Diabetes Mellitus. Together they demonstrate that no recipe is precluded if it is prepared maintaining a correct caloric intake, a moderate content of animal fats and simple sugars, a good fiber content. Training before the meal is also a valid help to manage blood sugar levels.

In terms of Italian Standards for DM Care, <<a multispecialist approach is necessary.



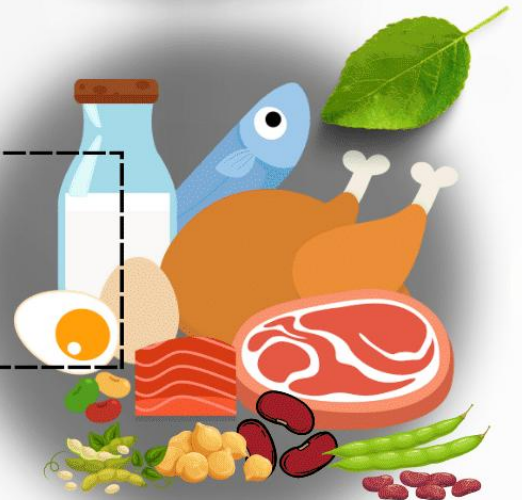
BALANCED NUTRITION



FIBER
35 gr/day



PROTEIN
35 g/day



FATS
35 g/day



CARBOHYDRATES
35 g/day



NUTRITION EDUCATION IN PEOPLE WITH DIABETES MELLITUS

Although the **general nutritional recommendations** (relating to the macronutrient diet) for Diabetes Mellitus do not differ from those valid for the general population, a specific nutritional intervention is an essential component of the treatment of Diabetes Mellitus. The fundamental role of diet in the management of diabetes and its self-control is undisputed and in all respects it is a therapy. In addition to basic nutritional education, a person with Diabetes Mellitus should understand the concepts of Glycemic Index and Load, Carbohydrate Count and which dietary strategies to adopt in case of physical activity.

The **glycemic index** of a food defines the ratio between the increase in blood sugar secondary to the ingestion of a portion of that food that contains a standard quantity of carbohydrates (50 g) and that resulting from the ingestion of the same quantity of glucose.

The **glycemic load** of a food is instead represented by the product obtained by multiplying the quantity of carbohydrates contained in a portion of that food by its glycemic index, calculated using glucose as the reference food; this product is then divided by 100.

Carbohydrate calculation is a method that allows you to estimate the amount of carbohydrates contained in a meal, allowing the person with diabetes to adjust the therapy. This facilitates the free choice of foods and above all avoids post-prandial hypoglycemia or hyperglycemia.

Thanks to the achievement of this awareness it will be possible to plan a series of physical activities that improve the metabolic compensation of diabetes.



SPORTS EDUCATION

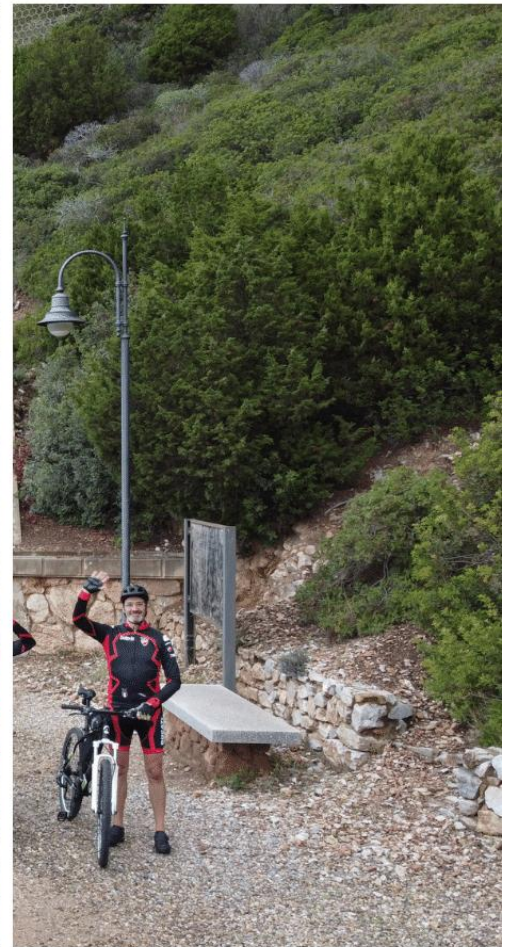
What characterizes a better or worse performance in athletic performance, whether the person practices sports at an amateur or competitive level, or whether a person has a pathology or not, are **good or bad habits**. Age, gender, nutrition, quality of sleep, stress, are just some of the parameters to keep under control and modulate on the person if you want to practice physical activity wisely and obtain results.

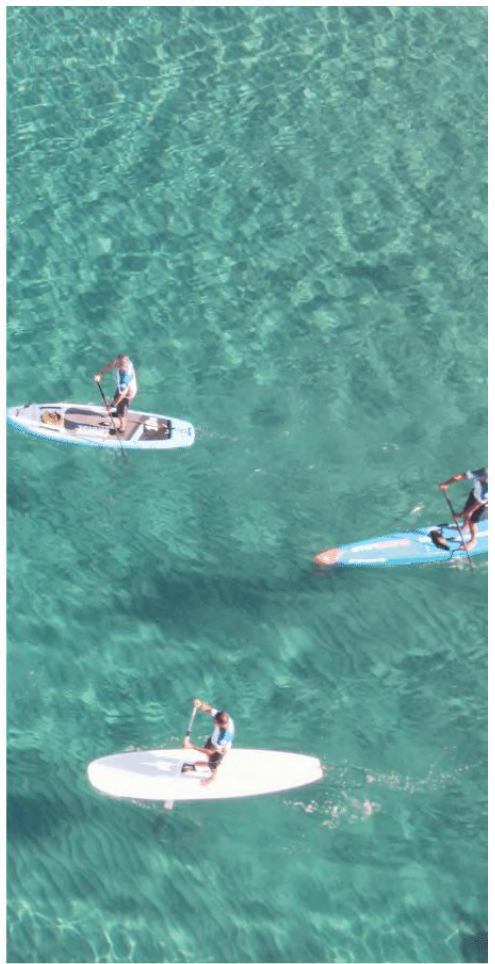
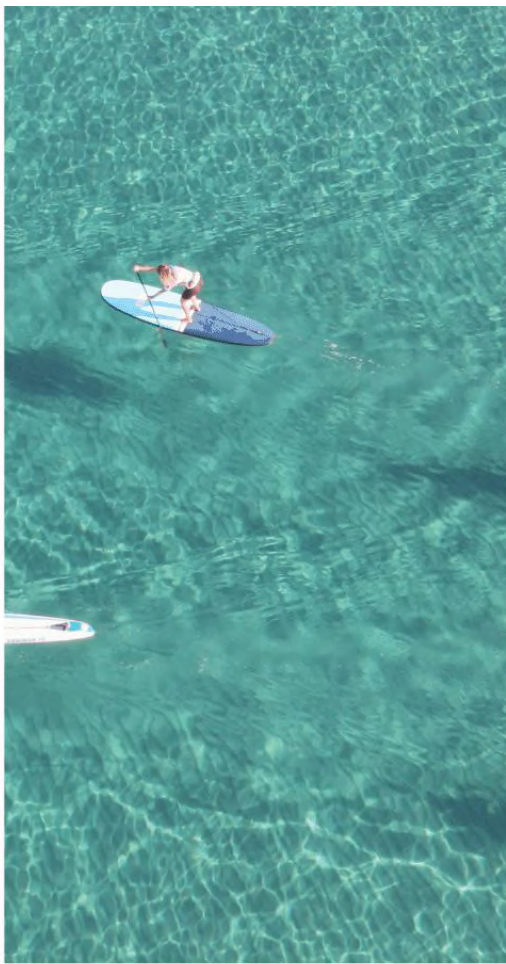
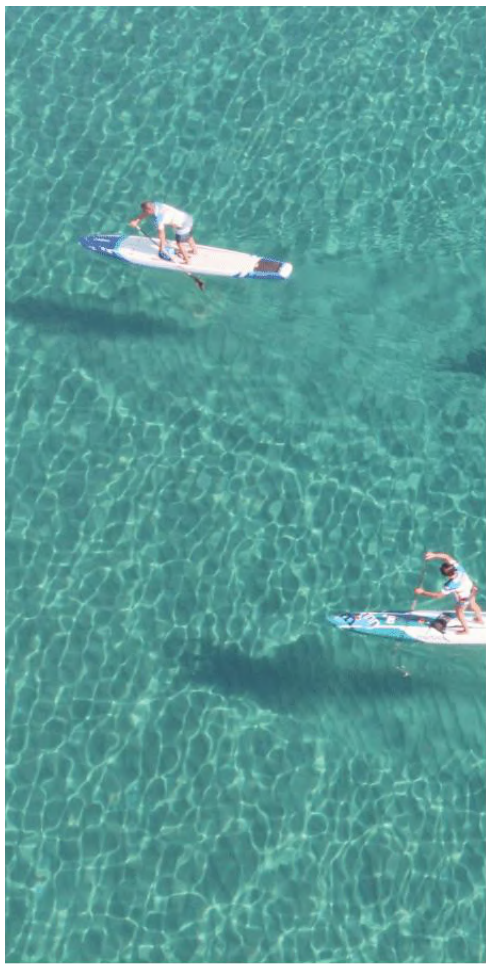
Developing effective methodological schemes is therefore necessary to move from a sedentary to an active lifestyle.

Nonetheless, the tendency to find out about the **close correlation between nutrition for athletes and for athletes with pathologies** is still not widespread, therefore the support of the athlete by a professional in the specific nutritional sector, as well as the support of an instructor capable of studying the person and provide the most suitable training plan for them. Thanks to these measures, **sport prevents the onset of pathologies linked to a bad lifestyle** - such as Type 2 Diabetes; prevents cardiovascular diseases; regulates triglyceride, LDL and HDL cholesterol values; improves appetite control and the ratio between muscle mass and fat mass.

EDUCATION IN PRACTICE SPORTSMAN WITH DIABETES MELLITUS

Sport and physical activity are an integral part of therapy for people suffering from Diabetes Mellitus. Having an active life and practicing sport wisely helps to have good **metabolic control**. It improves glycated hemoglobin, the maintenance of glycemic values in range, reduces the pharmacological dosage by increasing insulin sensitivity and increasing the post-receptor action of insulin; improves mood and therefore reduces the effect of cortisol (the famous stress hormone that is an antagonist of insulin). In order to practice physical or sporting activity, it is essential to contact your doctor and evaluate the most suitable strategy with a multi-disciplinary team.





LET'S INTRODUCE THE PROFESSIONALS

WHO ARE THE FACES OF THE PROJECT?



ALESSANDRA CORONA

EXPERT DIABETIC
ATHLETE AND
GYMNASTICS INSTRUCTOR
AIMED AT HEALTH AND
FITNESS



@MISS_ALECROWN

NICOLA PAULIS

EXECUTIVE CHEF AND
OWNER OF
"SU FUNNAGU"
RESTAURANT



@SU_FUNNAGU

ALBERTO LANGIONE

DOCTOR:
ENDOCRINOLOGY
SPORTS AND HEALTH
NUTRITION
METABOLIC DISEASES



@DOTT_ALBERTOLANGIONE

FRANCESCO ANTONIO USAI

PRESIDENT ISTDADA SSD A RL
ATHLETE IN PREDIABETES
SPECIALIST IN CORPORATE
MANAGEMENT CONTROL



@DUCATICLUBSARDINIADOC_ISTEDDA

Healthy Italian Menu



“Because here you will enjoy the time,
the beauty and the tastes of our land,
all values that we cultivate with
devotion from generations.”

Aperitif
VITA-DRINK
Energy Drink



VITA - DRINK



Ingredients

Quantità tot: 250 ml

- Orange • 50 ml
- Lemon • 20 ml
- Ginger • 30 ml
- Fennel • 20 ml
- Cucumber • 30 ml
- Beet • 30 ml
- Celery • 20 ml
- Tomatoes • 30 ml
- Carrot • 20 ml
- pinch of pepper



DIABETIC TIPS

The carbohydrates come from fruit sugars, mainly from orange which provides approximately 12 g of carbohydrates per 100 g, and is among the fruits with the lowest glycemic index.

Our welcome drink does not contain alcohol! Only fresh fruits and vegetables from controlled production, as organic as possible. The choice of excellent ingredients is necessary to have a good vitamin and anti-inflammatory intake. tasty, healthy, colorful: perfect to drink after sports.

N.B: it was chosen to use a cold extractor which - compared to the centrifuge, works with slower movements. This ensures that it does not overheat and therefore keeps the vitamins intact which, as we know, are thermolabile and suffer from heat treatments.



Aperitif
crouton of bread
and vegetables
Campania

C R O S T I N O



Ingredients

- Whole grain bread
- Tomato
- Garlic
- Basil
- Burrata
- Anchovies
- Oil and salt
- Origan
- 20 g
- a glove
- 3 leaves
- 70 g
- n° 3
- qb
- qb



DIABETIC TIPS

Ideal as an aperitif combined with Vita-Drink. The only source of complex carbohydrates in crostino is the slice of wholemeal bread which contains 22 g of carbohydrates per 100 g.

Fresh, tasty, fragrant. An iconic aperitif in which we find complex carbohydrates, proteins, good fats and fibre. A healthy and balanced choice to replace the classic chips, peanuts and cold cuts.

Scents from the garden

**INSALATA
MEDITERRANEA**

South Italy



MEDITERRANEAN SALAD



Ingredients

- Orange
- Belgian
- Basil
- Fennel
- Apple
- Plum
- Rocket
- Datterino tomato
- Camone tomato
- Bread crouton
- Linseed oil



DIABETIC TIPS

The carbohydrates present come from fruit sugars, mainly from the orange which provides approximately 12 g of carbohydrates per 100 g, from the plum which contains 11 g of carbohydrates per 100 g (both the orange and the apple are among the fruits with 'lowest glycemic index'), from bread which contains 40 g of carbohydrates per 100 g.

Starting the meal with a generous dose of vegetables is a valid strategy to exploit the role that fibers play in slowing down the absorption of sugars in the blood and - consequently - moderating the speed with which blood sugar levels increase.

Trick to avoid glycemic spikes.

First course

**Pesto risotto with
tuna tartare**
Liguria

RISOTTO



Ingredients

- Carnaroli rice • 50 g
- White wine • 50 g
- Onion • 5 g
- Basil • 5 g
- Garlic • 30 ml
- Oil • 30 ml
- Parmigiano • 20 g
- Oil and salt • 30 ml
- Pine nuts • 5 g
- Tuna Tartare • 40 g
- Fennel

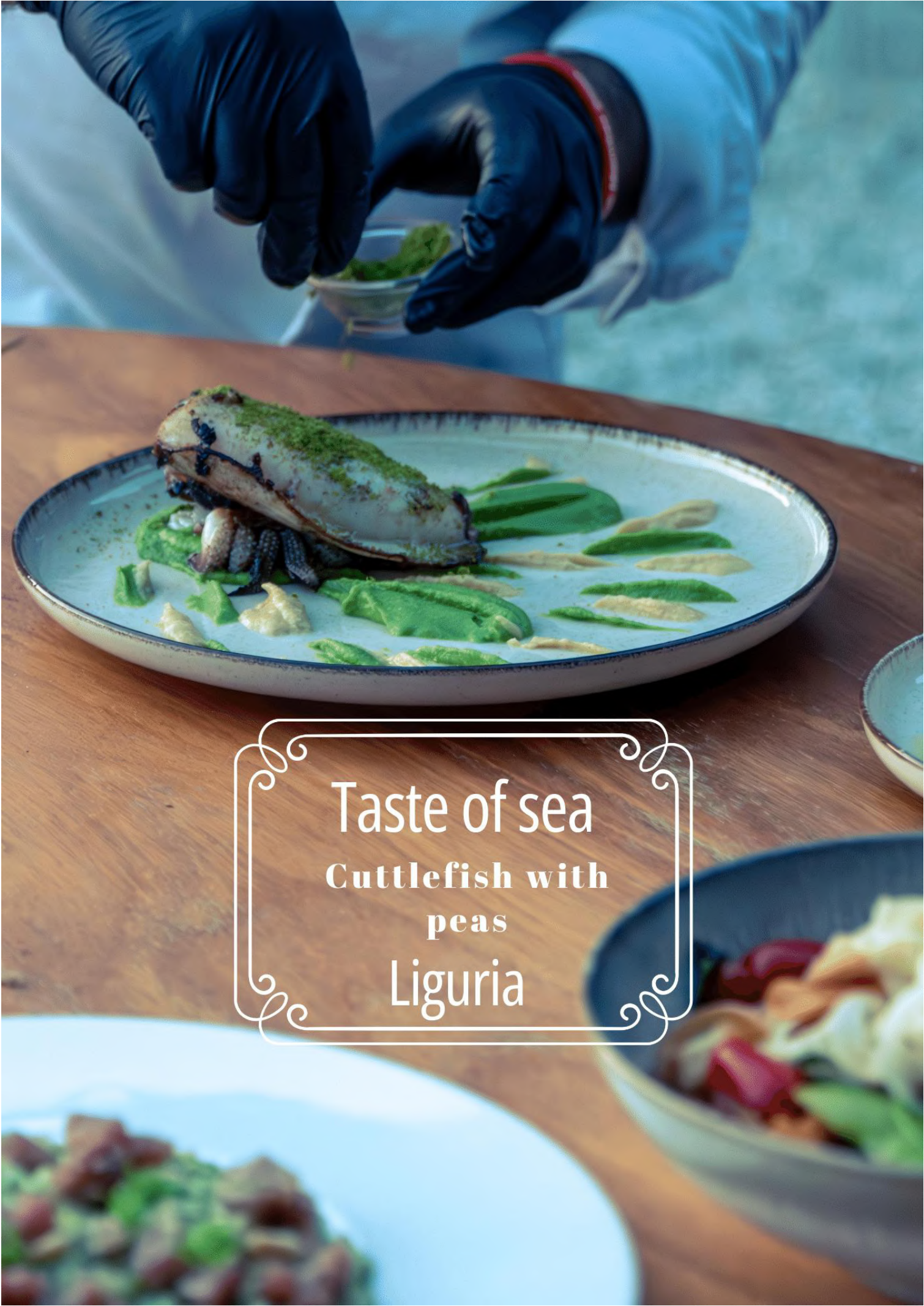


DIABETIC TIPS

The carbohydrates present come from Carnaroli rice which contains 82 g of carbohydrates per 100 g.

Our risotto was prepared by limiting the use of proteins and fats that are harmful to health as much as possible, giving up - for example - the classic "knob of butter" to complete the dish.

The combination of carbohydrates with fibers and proteins is intended to manage the the glycemic impact, giving to the palate and the body a first course that is elegant in taste and balanced in both flavors and nutrients. Tuna is a tartare and the choice is not to cook it to keep an excellent raw material intact.



Taste of sea
Cuttlefish with
peas
Liguria

CUTTLEFISH



Ingredients

- Cuttlefish • 80 g
- Peas • 30 g
- Chickpeas • 20 g
- Oil • 5 g



DIABETIC TIPS

In this case we find a small amount of carbohydrates with a low glycemic index deriving from chickpea and pea puree.

Cuttlefish is a lean mollusc low in cholesterol. We cooked the cuttlefish at a low temperature, maintaining the freshness of the food as much as possible, enhanced by the accompaniment of the legume puree.

THE MEAT
DRYAGED RIB
Toscana

DRYAGED RIB



DIABETIC TIPS

The preparation of the meat is a ritual that starts from the breeding of the livestock, passes through the maturation, continues with the heat treatment and ends with the tasting.

Cooking must be rare and follow a precise sequence to keep the organoleptic qualities intact.

It naturally contains no carbohydrates. Despite this, you must pay attention to blood sugar levels from 2 to 6 to 8 hours after the meal. It could be an increase in blood sugar related to proteins and fats.

APERITIF

ENERGY DRINK



V I T A - D R I N K



Ingredients

- Orange • 2
- Lemon • 2
- Tomatoes • 2
- Green Apple • 1
- Sages leaves • 5 leaves
- pinch of saffron



DIABETIC TIPS

The carbohydrates come from fruit sugars, mainly from orange which provides approximately 12 g of carbohydrates per 100 g, and is among the fruits with the lowest glycemic index.

Our welcome drink does not contain alcohol! Only fresh fruits and vegetables from controlled production, as organic as possible. The choice of excellent ingredients is necessary to have a good vitamin and anti-inflammatory intake. tasty, healthy, colorful: perfect to drink after sports.

N.B: it was chosen to use a cold extractor which - compared to the centrifuge, works with slower movements. This ensures that it does not overheat and therefore keeps the vitamins intact which, as we know, are thermolabile and suffer from heat treatments.

Appetizers

CAPOCCIA MEATBALLS

- VEGETARIAN VERSION -

Campania



I N G R E D I E N T S



Ingredients

- Cooked aubergine
 - Cooked green cabbage (capoccia).
 - Parmesan
 - Whole eggs
 - Grated bread
- n°1
 - 5 foglie
 - 20 g
 - 2
 - 20 g



DIABETIC TIPS

The carbohydrates present come from the breadcrumbs used to bread the meatballs; a small amount of carbohydrates also comes from aubergines.

The meatballs are prepared with vegetables to benefit from the fibers and properties that they give to our body. They are excellent as an aperitif.

We recommend not frying them but cooking them in a pan or in the oven.

Appetizer

BEEF FILLET

Veneto



CARPACCIO



Ingredients

- Beef fillet • 90 g
- Artichokes • 20 g
- Olio EVO • 10 g
- Rocket • 5 g
- Porcini mushrooms • 10 g



DIABETIC TIPS

There are no carbohydrates in this appetizer.

Beef fillet is a lean meat; it benefits from being combined with different flavors and textures that vary from slightly spicy to savory to sweet.

Traditional pasta
CULURGIONES
Sardinia

CULURGIONES



Ingredients for the dough

- Wheat flour
 - Grain semolina
 - salt
 - oil
 - water
- 150 g
 - 80 g
 - 10 g
 - 30 g
 - 80 g



Ingredients for the filling

- Potatoes
 - Sardinian pecorino
 - Garlic
 - Mint
 - Oil and salt
- 1 kg
 - 100g
 - 1 clove
 - 10 leaves

DIABETIC TIPS

Culurgiones are a challenging first course for those suffering from Diabetes Mellitus. The difficulty lies in the ingredients, all complex carbohydrates (flour, semolina, potatoes) and high glycemic index.

It is important to consult the diabetes team to understand how physical activity and balancing the various courses can be valid allies in the management of postprandial glycemia.

Let's remember that nothing is precluded when effective methodologies designed for the person are adopted!

Soft wheat flour contains 72 g of carbohydrates per 100 g

Remilled durum wheat semolina contains 77 g of carbohydrates per 100 g

Potatoes contain 17g of carbohydrates per 100g

Supported by an unrestricted grant from Abbott

DIABETES' TABLE

MASTER THE LIMIT



ISTEDDA SARDINIA
DDC
WWW.ISTEDDA.SARDEGNA.IT

BIO**TELEMETRY** SYSTEM

DUCATI ATHLETIC
OFFICIAL CLUB



Abbott