

# WHY WHEY FOR DIABETICS

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**D**iabetes is a disease that strikes individuals of all ages. Maintaining a healthy weight is very important in the management of diabetes. The exact cause of diabetes is unknown but there are many risk factors that may lead to the disease. Genetics may play a part in this disease as risk for developing this disease increase when a parent, brother or sister are diabetic. Giving birth to a baby that is over 9lbs at birth or becoming diabetic during pregnancy also may increase the risk. High blood pressure, high cholesterol and being overweight may lead to the development of diabetes.

Recognizing the symptoms of diabetes is very important. Early diagnosis will help to prevent or delay complications. Unusual thirst and frequent urination, extreme weight loss or gain, fatigue, blurred vision and tingling or numbness in the hands or feet may be signs of diabetes. Scientists believe that type 2 diabetes and lifestyle are closely linked. Healthy weight control, physical activity and stress reduction are important in the prevention of developing this disease.

Physical activity and proper nutrition helps the body manage blood glucose levels and promote weight loss, two key factors in the management of diabetes. Studies have show that maintaining a healthy weight will add years to your life while preventing weight related complications. A balanced diet of carbohydrates, protein and fats is essential for blood sugar control. Excess carbohydrates in a meal result in uncontrolled blood sugar levels leading to tissue damage from the lens of the eye to the kidneys. Fat is also a problem, causing cardiac complications and excess weight gain. Medical literature suggests that proteins are the best choice in balancing blood sugar levels.

Proteins are essential components of the body and are required for the body's proper function. Protein is one nutrient that does not increase blood glucose levels. A high protein diet has a favorable effect in diabetes due to the ability of proteins to stimulate insulin release from the pancreas. Proteins are the natural choice of the body when faced with diabetes. In uncontrolled diabetes, muscle protein is broken down into amino acids to be converted into glucose by the liver. Since proteins have to supply enough energy

to substitute for carbohydrates, proteins are broken down faster than they are made. The body ends up with a protein deficit. For diabetics a protein deficit has been shown to impair resistance to infections. Replenishing the depleting protein stores is a vital requirement of all diabetic diets. A high protein diet improves glycemic control, lessening complications related to the disease.

Whey protein is a naturally complete protein, meaning that it contains all of the essential amino acids required in the daily diet. It contains the highest level of branched chain amino acids of any food. Whey protein helps to maintain a healthy immune system by increasing the levels of glutathione; an antioxidant, in the body. Supplements containing whey are highly recommended for diabetics. A protein supplement containing whey increases the amount of energy assimilated from every meal reducing the need for drug interventions to control blood sugar levels. Whey proteins have been found to decrease blood pressure in those that suffer from high blood pressure. High blood pressure can lead to eye disease, heart disease and kidney disease so it is very important that individuals with diabetes maintain a healthy blood pressure level.

Diet plays a key role in any weight management program and adding whey protein helps make a positive difference. Maintaining a healthy weight is especially important in the management of diabetes. Whey protein isolate is a pure protein with little to no fat or carbohydrates. It is rich in leucine to help preserve lean

muscle tissue while promoting fat loss. Protein will help to stabilize blood glucose levels into the bloodstream. This in turn helps to reduce hunger by lowering insulin levels, making it easier for the body to burn fat.

Diabetes is a disease that requires a great deal of self-management and discipline. Diabetics that regulate their eating habits, physical activity, stress levels and medication can attain an optimal quality of life.

