



Eggs and Type 2 Diabetes

According to Diabetes Canada, 3.4 million Canadians have diabetes, and that number is expected to rise to 5 million by 2025.¹ With the support of a healthcare team, type 2 diabetes is manageable. By educating clients about healthy behaviours, we can help them improve fitness, glycemic control and cardiovascular risk factors.

Physicians, nurses, pharmacists, dietitians, social workers and other healthcare members work as a collaborative team to help people with type 2 diabetes manage their goals for:



Education

Provide information about the condition



Medication

Explain types, uses and dosages



Physical activity

Recommend at least 150 minutes of aerobic exercise per week



Check-ups

Encourage patients to visit their healthcare team as needed^{2,3}



Nutrition

Help plan a nutritious diet that considers what, when and how to eat



Promote self-management

Collaborate with patients to incorporate problem-solving, goal setting and self-monitoring of health

Eggs, heart health and type 2 diabetes: A progress in research

Many researchers have studied the role that eggs play in relation to cholesterol, cardiovascular health and type 2 diabetes. Decades of research have shown that dietary cholesterol has little effect on blood cholesterol levels in most people.⁴ Previously, it was recommended that people with type 2 diabetes reduce egg intake. Newer research has changed that advice.

Recent studies have concluded that eating 6 to 12 eggs per week has no impact on cholesterol, triglycerides, fasting glucose or insulin levels for people with diabetes.^{5,6,7}

These studies include eggs as part of a healthy and nutritious diet, which serves as a reminder that overall dietary patterns matter more than one particular food or nutrient. Eggs can be part of a diet that's higher in vegetables, fruit, whole grains and lean protein, but lower in highly-processed food.

Nutrition for type 2 diabetes

According to the Clinical Practice Guidelines outlined by Diabetes Canada, food is key in managing type 2 diabetes and reducing the risk of heart disease. Most people can start by creating meals that mirror the advice in Canada's Food Guide.

People with diabetes should receive nutrition counselling by a registered dietitian. There is no one exact diet for every person with type 2 diabetes, so dietitians work with individuals to help them develop a specific eating plan based on treatment goals, preferences and what can be sustained in the long term.

Some basic tenets of a balanced diet for people with type 2 diabetes are:



Choosing

whole, unprocessed foods such as vegetables, fruit, grains, beans, nuts, fish, eggs, dairy, poultry and lean meats



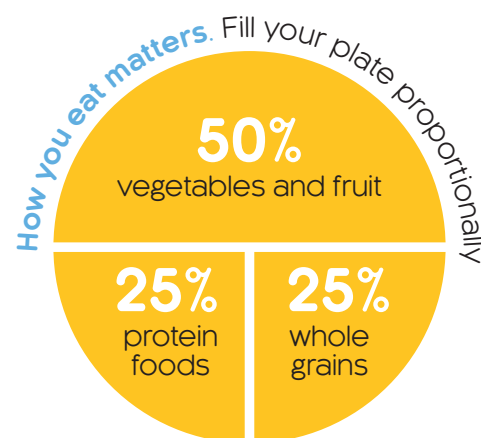
Cutting back

on highly-processed foods such as sugar-sweetened beverages, fast foods and refined grain products



Preparing

more meals at home using unprocessed ingredients



Eggs are an excellent source of high-quality protein

People with type 2 diabetes strive to keep blood sugar levels stable. Protein-rich foods, such as eggs, can play an important role in regulating blood sugar levels and improving glucose control. Eggs are high in protein and low in carbohydrates. Plus, eggs contain many essential vitamins and minerals, and have just 80 calories each.

Did you know that two-thirds of the fat found in eggs is unsaturated? Studies show that reducing saturated fat and replacing it with unsaturated fat protects against heart disease, which is a possible complication for people with type 2 diabetes.⁸

THE BOTTOM LINE

Research shows that patients with type 2 diabetes can eat up to

12 eggs per week as part of a balanced diet

References

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- 2 Diabetes Canada. Treatments. <https://www.diabetes.ca/about-diabetes/treatments-medications>
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