

**FIBRE IN
PREDIABETIC
PATIENTS**



PREVALENCE OF PREDIABETES IN INDIA



ICMR-INDIAB population-based cross-sectional study in **15 Indian states** (2017) revealed an **overall prevalence of prediabetes of 10.3% (10.0-10.6)**



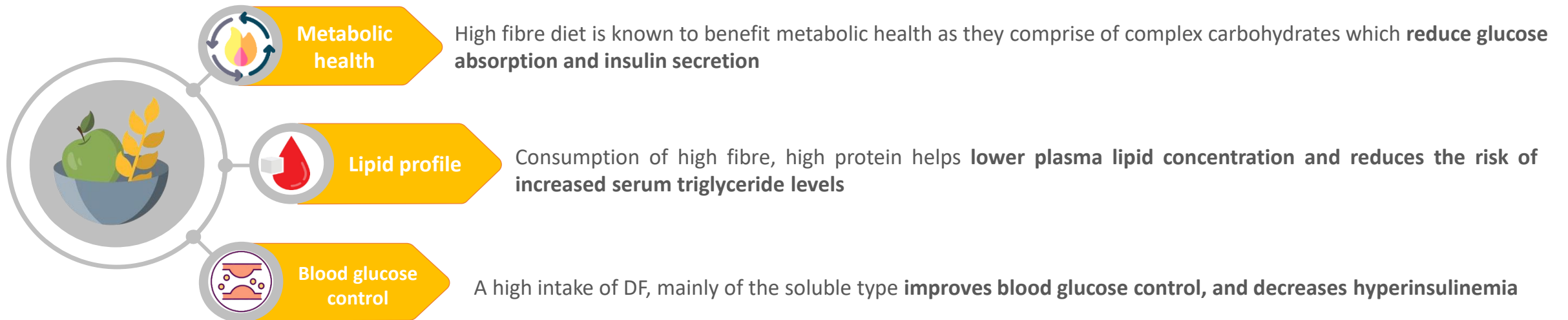
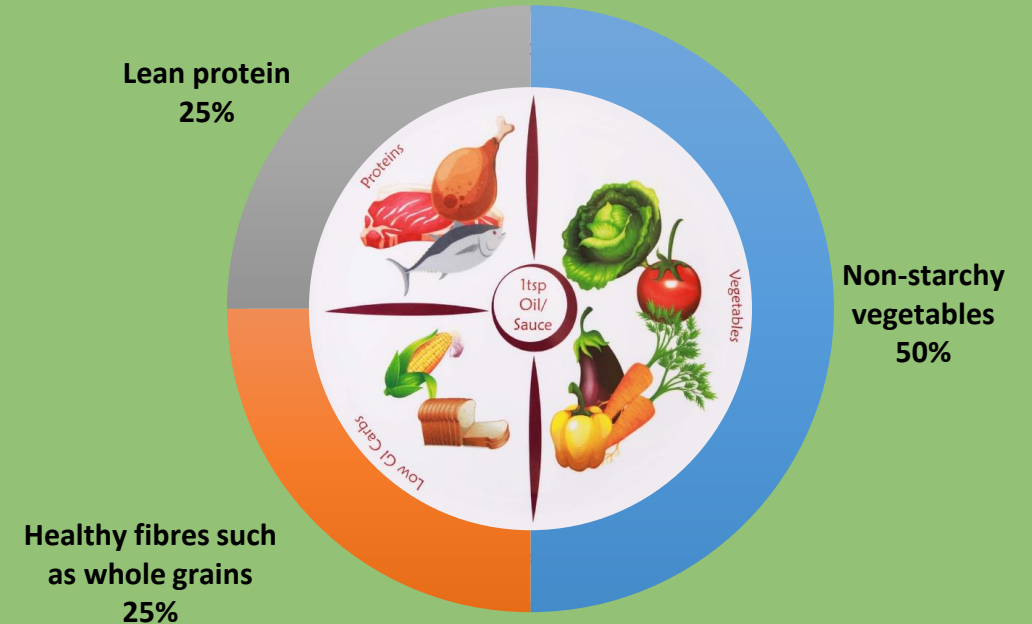
As per ICMR-INDIAB, **Projections for the whole of India would be 62.4 million people with diabetes and 77.2 million people with prediabetes**



According to the National Urban Diabetes Survey, the estimated prevalence of **prediabetes is 14%** in India

IMPORTANCE OF NUTRITION IN PREDIABETES

- Nutritional interventions play a pivotal role in preventing prediabetes from advancing to overt diabetes
- An individualized **medical nutrition therapy (MNT)** should be provided to prediabetic individuals to facilitate achieving treatment aims, as recommended by the **2019 Standards of Medical Care in Diabetes**



DIETARY FIBRE IN PREDIABETES MANAGEMENT USING **ABCDE** APPROACH

