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## DIABETES CHECK

# 2 big meals better than 6 small ones?

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A new study, contrary to the earlier conception, has suggested that for Type-2 diabetic patients, eating larger breakfasts and lunches may be more beneficial than six small meals during the day.

Published in the reputed *Diabetologia* journal, the study aimed to compare the effect of six (A6 regimen) to two meals a day — breakfast and lunch — on body weight, hepatic fat content (HFC), insulin resistance and beta cell function.

Conducted in Prague, experts took patients with Type-2 diabetes treated with oral hypoglycaemic agents, both men and women, aged between 30 and 70 years.

According to researchers, the diet in both regimens had the same macronutrient and energy content. During the trials, they found that eating only breakfast and lunch reduced body weight, HFC, fasting plasma glucose, C-peptide and glucagon, and increased OGIS, more than the same caloric restriction split into six meals. These results suggest that for Type-2 diabetic patients on a hypoenergetic diet, eating larger breakfasts and



lunches may be more beneficial than six smaller meals during the day.

According to Dr Anoop Misra, chairman, Fortis-C-DOC Centre of Excellence for Diabetes, Metabolic Diseases and Endocrinology, "The findings of this study go against traditional 3 meals, 3 snacks diets popularly given to patients of diabetes, and tells us that two large meals followed by a period of some fasting is beneficial. However, there are pros and cons — we know that high protein breakfast may be good for weight loss, and this study regime consisting of two meals shows a similar benefit. On the other hand, those who are on insulin and complicated blood sugar lowering drug regimen, may have chances of low blood sugar (hypoglycaemia) during night with two meals only. Hence, meal pattern of each patient must be designed carefully and individualised."