



*The Medical **Bulletin***

Diet Corner

Dietary fiber in Diabetes

Dietary fiber is classified into soluble and insoluble fiber based on their water solubility. Soluble fiber is found in vegetables, fruits, beans, and oat products. The effect of soluble fiber in managing diabetes is well pronounced in research. Soluble fiber is instrumental in turning down blood glucose levels, improving insulin sensitivity, reducing inflammation and cholesterol levels. Supplementation of soluble fiber among people with diabetes has shown to initiate improvements in biochemical parameters and helps in bringing down the risk bar of complications related to diabetes.

Therefore, shedding light on increased dietary fiber intake will be a useful therapeutic approach for people with diabetes.

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