

DIABETIC DIET AND CARBOHYDRATES

Listen to an interview about diabetes and decide whether the sentences are true (T) or false (F).

1. The doctor believes that diabetes care should be based more on changing diet and behavior.
2. The doctor has a private practice.
3. She helps patients with type II diabetes by for example metabolic evaluation.
4. In her opinion, it is very important to control fat intake.
5. The interviewer thinks it is relatively easy to control food intake.
6. Society nowadays loves food with a lot of carbohydrates in it.
7. The doctor writes a strict plan of what to eat, which the patient must carefully follow.
8. She advises her patients that they should not go without eating for more than 3-4 hours.
9. You should wait until you are hungry before you eat.
10. Diets with low levels of carbohydrates should be individualized for each patient's needs.
11. All people with diabetes should eat 4 servings of leafy green vegetables a day.
12. These leafy greens are mentioned in the interview: spinach, broccoli, and salad vegetables.
13. It was shown that in low-carbohydrate diets people eat more protein and fat.
14. The doctor is happy about the state of diabetes care in America nowadays.
15. She thinks that people should be given less medicine and more control over their disease.

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