

# The Effect of an Increased Sugar Intake in the Diet of People with Type 2 Diabetes

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## Introduction

“In Sweden, diabetes affects approximately 4 – 5,5 % of the population, with 85 – 90 % of cases being type 2 diabetes” (Backe S, page 1, 2024) and are also a big problem around the world. People with type 2 diabetes must be extra careful with their diet, and make sure that it is low in sugar content. It not easy (own experience) because there are so few low-calorie products on the marked.

I have done review of literature and found scientific evidence pertaining to the topic in interest in my previous article. “The aim of the previous article was to identify which types of müsli contain high respectively low levels of sugar, and which brands are involved” (Backe S, page 2,2024).

## Some Results from this Study

ICA Maxi, City Gross, Hemköp, Willy’s and Stora Coop provided together brands from AXA, Coop, Finax, Frebaco, Garant, ICA, Risenta, Saltå Kvarn och Urtekram, in total 24 müsli products. Of these products, 19 contained high sugar content, from 17-29 g per 100 g müsli, see in detail in the original article (Backe S, page 5).

My previous study shows the need for grocery stores to upgrade healthy müsli products along with advertising to be able to influence customer’s shopping habits. However, central bureaucracy puts obstacles to such measures.

## Conclusion

More research in the area, especially how a diet with high sugar intake affect people with type 2 diabetes purely physically. The next step will be to conduct a cohort study in which people with type 2 diabetes participate.

## Purpose

The purpose of the study is to find out how people with type 2 diabetes are affected by high sugar intake.

## Research Design/Method

The idea is to carry out a cohort study, preferable for a year, where one group is allowed to eat and exercise as usual while the other group changes their diet towards a lower sugar diet. Gender, age and level of physical activity are control factors. Descriptive statistics will be compiled for all independent variables, two-group comparison will be performed with Pearson’s chi-squared. To examine factors associated with blood-test HbA1C and Electrolytes will be calculated using some regression model.

## Ethical Considerations

An ethics application will be submitted during November/December this year, so that it can be decided in time for the application period in March next year at various funds. In the meantime, I am sending out a request to researchers nationally and internationally who might consider participating in the research project.

## Budget

Personnel Costs; Laboratory Costs; Participants Costs; Questionnaire Administration; Miscellaneous Costs:

**Total Estimated Budget:** \$190,000

## Reference

1. Stefan S (2024) Type 2 Diabetes-Hard to Select a Healthy Choice. *Health* 16: 1-8.