



### **Ursula Schwab, PhD**

Ursula Schwab, PhD, is an associate professor (nutrition therapy) at the University of Eastern Finland (UEF). She works also as a clinical nutritionist at the Kuopio University Hospital. Her expertise is in planning and conducting randomized controlled dietary interventions regarding e.g. the effects of dietary fat, fish, berries and whole grain products, and the healthy Nordic dietary pattern on lipid and glucose metabolism including nutrigenomics, lipidomics and metabolomics approaches. Her research group is partly funded by the Spearhead funding of UEF. She has been involved in the updating of the Nordic and Finnish Nutrition Recommendations, and several national good practice guidelines.

### **Dietary patterns rich in healthy oils in diabetes**

Ursula Schwab, PhD, Associate Professor (nutrition therapy). School of Medicine, Institute of Public Health and Clinical Nutrition, University of Eastern Finland, Kuopio campus. Institute of Clinical Medicine, Kuopio University Hospital

Quality of dietary fat is of significant importance in the recommended diet for diabetics. Current recommendations both in Europe and Northern America are very consistent regarding the quality of dietary fat, i.e. the proportion of saturated fat is recommended to be below 7-10 % of energy intake. Fish is recommended to be part of the supply of unsaturated fat in the diet, but daily use of highly unsaturated vegetable oils is essential in order to meet the recommendations. In diabetes prevention studies the quality of dietary fat has been one of the key aspects along with weight loss / weight maintenance, quality of carbohydrates / amount of dietary fiber, and physical exercise. Furthermore, there is convincing evidence that the quality of dietary fat is of importance for serum lipid profile. There is also evidence to some degree regarding insulin sensitivity, blood pressure, low grade inflammation and fat accumulation in the liver.

#### **Learning objectives:**

1. Recommendations of the quality of dietary fat in diabetes
2. Role of unsaturated fat in prevention of type 2 diabetes
3. Metabolic significance of the quality of dietary fat