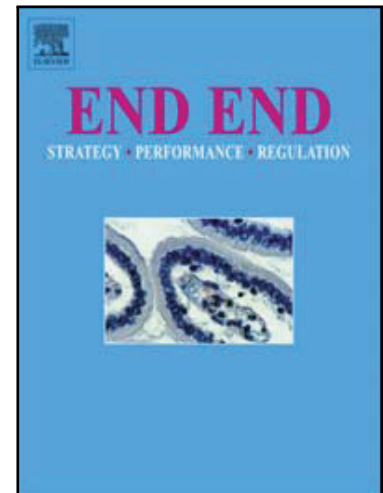


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Does sucrose affect the glucose variability in patients with type 1 diabetes? A pilot crossover clinical study

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HIGHLIGHTS:

- This was the first clinical trial to assess the influence of sugar intake in the glucose variability in type 1 diabetes patients.
- The intraday and inter-day glucose variability indexes did not differ between periods with a sucrose-free diet and a sucrose-added diet, demonstrating that if a type 1 diabetes patient eats the same amount of either sucrose or other sources of carbohydrates, the glucose response should be the same, taking in consideration that the patient uses carbohydrate counting method.
- We have found that the use of a moderate amount of sucrose did not affect the insulin requirements in type 1 diabetes patients.

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