



Keywords:

Diabetes mellitus, Nutrition, Food preparation, Culinary innovations, Flavour-enhancing techniques

Introduction

The prevalence of diabetes mellitus is increasing globally, and it is now a major public health problem. The World Health Organization (WHO) estimates that there are over 400 million people with diabetes worldwide, and this number is expected to rise to over 600 million by 2040. The burden of diabetes is particularly high in low and middle-income countries, where the disease is often diagnosed late and complications are common. In the Philippines, the prevalence of diabetes is also increasing, and it is now one of the leading causes of morbidity and mortality. The Philippines is a developing country with a high prevalence of diabetes, and it is one of the few countries in the world where the prevalence of diabetes is increasing in both urban and rural areas. The Philippines is a developing country with a high prevalence of diabetes, and it is one of the few countries in the world where the prevalence of diabetes is increasing in both urban and rural areas.

Diabetes mellitus is a chronic disease that is characterized by high blood sugar levels. It is caused by a deficiency of insulin, a hormone that allows the body to use sugar for energy. There are two main types of diabetes: type 1 and type 2. Type 1 diabetes is an autoimmune disease in which the body's immune system attacks and destroys the insulin-producing cells in the pancreas. Type 2 diabetes is a metabolic disease in which the body's cells become resistant to the effects of insulin. Both types of diabetes can lead to serious complications if not properly managed.

Culinary Innovations in food preparation

Culinary innovations in food preparation refer to the use of new techniques, ingredients, and flavors to create new and interesting dishes. These innovations can be used to improve the nutritional value of food, to make it more appealing to eat, and to help people with diabetes manage their condition. Some examples of culinary innovations in food preparation include the use of low-carbohydrate ingredients, the use of healthy fats, and the use of natural sweeteners. These innovations can be used to create a variety of dishes that are both delicious and healthy.

Flavour-enhancing techniques

Flavour-enhancing techniques are used to improve the taste of food without adding extra calories or fat. These techniques include the use of herbs and spices, the use of acids, and the use of umami. These techniques can be used to create a variety of dishes that are both delicious and healthy. For example, the use of herbs and spices can add flavor to a dish without adding extra calories or fat. The use of acids can help to balance the flavors of a dish and make it more appealing to eat. The use of umami can help to enhance the natural flavors of the ingredients in a dish.

*Corresponding author: Dorota Poonum, University of Philippines, Philippines General Hospital, Philippines, E-mail: poonumdorota8264@yahoo.com

Received:

Ingredient substitution:

...

Portion control and plating:

...

7. Sun H, Saeedi P, Karuranga S, Pinkepank M, Ogurtsova K, et al. (2022) IDF Diabetes Atlas: global, regional and country-level diabetes prevalence estimates for 2021 and projections for 2045. Diabetes Res Clin Pract 183

8.