

## Nutrition and Diabetes Mellitus

### General Information

Pets with diabetes mellitus require very close dietary supervision because their body does not produce adequate amounts of insulin. Insulin regulates the level of sugar in the blood. In diabetic animals, insulin levels are abnormally low, and blood sugar levels become abnormally high.

Eating carbohydrates (starches) results in high levels of blood sugar. By reducing carbohydrates and increasing protein in the diet, blood sugar levels and insulin requirements can be reduced, and your pet's nutritional needs can still be met. Some carbohydrates should be included in the diet.

### Rules for Feeding

1. *Diet:* Use the sample diets outlined below. *Give absolutely no treats!*
2. To maintain a constant insulin requirement, your pet *must* be fed the same amount of food each day.
3. Feed your pet at the same time each day so that digestion corresponds with the time of peak insulin action. This time will be determined by blood glucose levels.
4. *Activity:* Exercise affects the need for insulin. Therefore, it is important for your pet to have the same amount of exercise each day. Excessive exercise may cause a low blood sugar crisis.

### Sample Diets

- 14 oz lean meat, 14 oz milk, 3 oz bread
- 8 parts lean meat, 1 part rice or oatmeal, 1 part vegetables
- Other: \_\_\_\_\_  
\_\_\_\_\_

### Feeding Instructions

- Amount to feed: \_\_\_\_\_
- Feeding time: \_\_\_\_\_
- Diet: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_