ABSTRACT

Aim: To investigate how food intolerances affect the nutritional management of patients with diabetes mellitus, particularly with regard to nutritional balance and the economic availability of specialised dietary interventions. The focus was on lactose intolerance and non-celiac gluten sensitivity.

Methods: This study used a qualitative methodology based on case studies of six patients with diabetes and proven food intolerance. A nutritional analysis was performed for each patient based on a five-day dietary record, laboratory results and body composition. This included an economic analysis of price differences between conventional and specialty foods on the Czech market.

Results: The results confirmed that food intolerances complicate the achievement of nutritional balance and increase the risk of deficiency of key micronutrients. At the same time, it was shown that specialised gluten- or lactose-free products tend to be significantly more expensive than their conventional alternatives, which negatively affects adherence to the recommended diet. Nutritional interventions have led to improvements in glycaemic control and laboratory parameters in most patients, yet economic barriers remain a significant limiting factor.

Conclusion: Nutrition of patients with diabetes and food intolerances requires a carefully individualised approach. Successful management of dietary measures depends not only on education and nutritional compensation of eliminated foods, but also on consideration of the patient's economic means. A combination of targeted education, selection of naturally allergen-free foods and working with promotional offers proved to be a suitable tool. Effective nutritional intervention can contribute to better metabolic stability and prevention of diabetes complications.

Keywords: food intolerances, diabetes mellitus, nutritional intervention, glycemic control, economic aspects of nutrition