



PRESS RELEASE

High-fibre wholemeal bread varieties recommended for people with and without diabetes

Mestemacher cooperates with diabetesDE – Deutsche Diabetes-Hilfe

Berlin/Gütersloh 2 February 2023 More than half a million adults in Germany contract diabetes every year. Currently, about 11 million people are affected, including unreported cases totalling roughly two million. The Robert Koch Institute has predicted that the number of people with diabetes in Germany will increase to about 12.3 million by 2040. There is reason to fear that this figure will be reached much earlier. To combat this trend, the non-profit health organisation diabetesDE – Deutsche Diabetes-Hilfe is committed to educating the population at large and demands health policy measures for structural prevention, such as mandatory labelling of food with the Nutri-Score or a ban on advertising unhealthy products to children under 14.

“Approximately 95% of diabetes patients have type 2 diabetes. This is caused, among other factors, by genetic disposition, but is also triggered by a lack of exercise and, above all, an unhealthy, hypercaloric diet and obesity”, as Dr Jens Kröger, Chairman of diabetesDE – Deutsche Diabetes-Hilfe, explains the risk factors for the development of type 2 diabetes. “For a long time now, not only older people have been contracting type 2 diabetes; alarmingly, the patients are becoming younger and younger.”

Type 2 diabetes is caused by a what is referred to as a “relative insulin deficiency”: The pancreas continues to produce insulin, but the body’s cells lose their sensitivity to the hormone. In the course of the disease, there is also a disturbance in the release of insulin from the cells of the pancreas. Both cause the blood glucose level to rise.

A total of 340,000 adults and 32,000 children and adolescents in Germany have type 1 diabetes, an autoimmune disease in which the pancreas no longer produces any insulin at all (“absolute insulin deficiency”). Those with this form of diabetes have to take insulin for the rest of their lives in order to keep their blood glucose levels in balance.

Regardless of the type of diabetes: continuously high blood glucose levels will result in damage to the blood vessels. This may in turn lead to serious comorbidities, such as stroke, heart attack, eye damage or even blindness, diabetic foot syndrome with the risk of amputation, or renal insufficiency that may eventually require dialysis.

“Type 2 diabetes can be managed well with a healthy diet and sufficient exercise, at least at the onset of the disease. It is important to eat fibre-rich carbohydrates, little sugar, lots of fibre, valuable vegetable protein, as well as few unhealthy fats, little salt and, on top of that, only as much energy as the body can actually use”, adds Nicole Mattig-Fabian, Managing Director of diabetesDE – Deutsche Diabetes-Hilfe.



Type 2 diabetes requires a change in diet that is usually a great challenge for sufferers. This is because they often have insufficient knowledge about healthy eating. The recommendations regarding bread are clear in this regard: “For people with type 2 diabetes, whole-grain bread is recommended. White bread, on the other hand – and naturally any sweet bread and other baked goods – should be considered as a ‘treat’”, says Dr Astrid Tombek, diabetes advisor and ecotrophologist. The Nutri-Score and additional nutritional information on carbohydrates are therefore essential to create the consumer orientation required for people with type 2 diabetes and at-risk patients.

“Mestemacher is a pioneer among bread manufacturers: It introduced the Nutri-Score on a purely voluntary basis as early as in 2021. All bread types consist of rye/whole grain with a high fibre content and are therefore particularly recommendable for people with and without diabetes”, as Mattig-Fabian explains the decision to cooperate with Mestemacher.

diabetesDE – Deutsche Diabetes-Hilfe is the leading German health organisation for currently 11 million people with diabetes mellitus. It actively campaigns for the interests of diabetes patients, their relatives and at-risk patients and to improve their quality of life. It helps people with diabetes by offering reliable, scientifically based information and practical tips.

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