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片语健康

久坐加零食

久坐加零食是当代职场工作和家居生活的常见组合。这种生活方式已成为糖尿病发生的危险因素。久坐降低肌肉摄取葡萄糖的能力，不利于降血糖。零食多含高糖、高脂，引起血糖升高[1]。久坐加零食的结果是血糖更高。

零食引起“餐间高血糖”。餐间高血糖是指两顿正餐之间（如早餐后到午餐前、午餐后到晚餐前或晚饭后到早餐前）的血糖升高。频发的餐间高血糖使胰腺的β细胞为产生胰岛素而“疲于奔命”。若把胰腺的β细胞比作生产胰岛素的工厂，每当血糖升高，工厂就接到订单，然后加班加点生产胰岛素。而零食就是不断给工厂下达紧急订单。起初，工厂还能应付这些订单，但长期超负荷运转会使其不堪重负，致使生产能力下降或丧失。当胰腺的β细胞不能产生足够的胰岛素时，糖尿病就发生了[2]。

因此，零食引起“餐间高血糖”，频繁的“餐间高血糖”诱发糖尿病。

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