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Fried carbohydrates identified as major diabetes risk in India: IDF President

Carbohydrates themselves are not inherently harmful, frying them can make them toxic, leading to fat accumulation in the liver

By **Sanjiv Das** | November 7, 2025


RSSDI
KOCHI
Dr. Peter Schwarz
Panel Discussion: Population
Approach v/s At Risk Approach

Dr Peter

> WordPress post #37917

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The consumption of fried carbohydrates poses the most serious diabetes risk for Indians, according to Peter Schwarz, President of the International Diabetes Federation(IDF). Speaking at the 53rd National Conference of the Research Society for the Study of Diabetes in India (RSSDI), Dr Schwarz warned that while carbohydrates themselves are not inherently harmful, frying them can make them toxic, leading to fat accumulation in the liver—even among lean individuals.

“Indians are particularly vulnerable due to a combination of low protein intake, frequent consumption of fried carbohydrates, and worsening air pollution,” Dr Schwarz said. “Even slim individuals in India are prone to fatty liver because of these dietary patterns.”

Read online: https://nuffoodsspectrum.in/news/14/22865/fried-carbohydrates-identified-as-major-diabetes-risk-in-india-idf-president.html
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