

Dietary tips for Diabetics

- **Base your diet on.....the 'no fast, no feast principle'.**
- **Don't skip breakfast.** Start your day off with a good breakfast. Eating breakfast every day will help you have energy as well as steady blood sugar levels.
- **Eat small meals at regular times.** It is helpful to eat 3 small meals plus 3 snacks spread out through the day. People tend to eat larger portions when they are overly hungry.
- **Keep calorie intake the same.** Regulating the amount of calories you eat on a day-to-day basis has an impact on the regularity of your blood sugar levels. Try to eat roughly the same amount of calories every day, rather than overeating one day or at one meal, and then skipping on the next.
- **Ideally your plate should be half filled with veggies, a quarter with cereal and the remaining quarter with proteins.**
- **Drink plenty of water;** it helps to remove the toxins from the body.
- **Avoid simple carbohydrates** like sugar, refined flour, white breads; cornflakes instead opt for wheat flour, oats, brown rice etc.
- **Exercise** is one of the cornerstones of diabetes management. Exercise atleast 30 min all seven days in a week , choose an activity you will enjoy and follow it, like walking, cycling, swimming, aerobics, power yoga etc

Myths and facts about eating to prevent or control diabetes

MYTH: You must avoid sugar at all costs.

Fact: Calories come from carbohydrates, protein and fats. Carbs constitute 50-55% of total calories, out of which 10% of calories can come from simple sugars provided the diabetes is under control and also the sugar is not taken alone but in combination with a healthy meal. The key when eating dessert or a sweet treat, is to make sure that it is part of a healthy meal plan, or combined with exercise.

MYTH: A high-protein diet affects the kidneys in diabetics.

Fact: Proteins are must for muscle regeneration and also provide satiety and helps to reduce blood sugars. A healthy diet must include protein, carbohydrates, and fats. A meal should always include protein along with carbs, it gives better blood sugar control.

MYTH: You have to cut way down on carbs.

Fact: Carbohydrates form the basis of ones diet comprising of 50-55% of total calories. The serving size and the type you eat are especially important for carbohydrates. Carbs come in two forms the good ones(whole wheat, dahlia, oats etc) and the bad ones(simple carbs like sugar, refined flour, bread etc). Focus on whole grain carbs since they are a good source of fiber and they are digested slowly, keeping blood sugar levels more even.

MYTH: You'll no longer be able to eat normally. You need special diabetic meals.

Fact: A healthy diet is what a Diabetic needs to follow. Eating a balanced diet comprising of all food groups, and keeping in mind moderation and variety as key to a healthy diet is what is required.

Myth: Sugar Causes Diabetes

Fact: The most common nutrition myth is probably the misconception that sugar causes diabetes. If you have diabetes, you do need to watch your sugar and carbohydrate intake, to properly manage your blood sugar level. However, if you do not have diabetes, sugar intake will not cause diabetes. So far, a diet high in calories, being overweight and an inactive lifestyle are the main risk factors for Type 2 diabetes.