

Diet for Diabetes - pillar of diabetes management

Diet for diabetes is all about making good food choices. Do you wonder if you can ever have your favourite food again? What happens when you are eating at a restaurant or a friend's house? Do you have to change your whole diet just because you have diabetes?

The answer is NO. There is nothing that you can't eat. You don't have to give up your favourite foods or stop eating at restaurants. But, it is important to know that everything you eat has an effect on your blood sugar. Diet for diabetes means learning to eat regular meals, controlling the amount you eat, and making healthy eating out food choices that can help you manage your diabetes better and prevent other health problems.

Some healthy diet tips are:

Eat small portions at frequent intervals. Never give long gaps in between your meals.

Keep your dinner the lightest meal of the day.

Avoid refined carbohydrates like maida, sooji, white breads and sugar.

Include at least 5 servings of fruits and vegetables in a day.

Nuts like almonds, walnuts and pistachios should be included in the daily diet.

Keep a check on your blood cholesterol by substituting mutton and pork with fish and chicken.

Choose sweet treats like whole fruits which have naturally occurring sugar.

Diet for diabetes involves a blend of choosing the right alternatives and at the same time putting these alternatives at proper meal times. Complete health assessments, proper diet consultations and a healthy diet for diabetes is what you need for a proper diabetes management.

