

Indian Diet suitable for Diabetics

<p>1. Add fibre to your diet (It slows sugar and cholesterol absorption)</p>	<p>At least 1 cup cooked beans, dal, lentils, add to salads and curries. Make ½ your plate vegetables. Eat fruit unpeeled, especially apples. Use wholegrain or stone ground flour for roti and naan.</p>
<p>2. Eat fish (unless vegetarian)</p>	<p>At least 2-3 times a week as a better alternative to other meat. (A rich source Omega 3.)</p>
<p>3. Reduce bad fat in your diet</p>	<p>Trim away visible fat from meat. Avoid fried food. Avoid high fat cheddar and cream cheeses. Avoid white sauce and cheese sauce. Avoid ice cream, and creamy desserts. Avoid pastry and bakery items.</p>
<p>4. Exercise 30 minutes 5 days per week. (Helps raise protective HDL, good cholesterol)</p>	<p>Brisk walking is excellent, or try bike riding, golf, rowing, bush walks and swimming. Take dance classes or work out at the gym. Get moving!</p>
<p>5. AVOID</p>	<p>Avoid cheap cooking oils: those sold in clear bottles. Don't use tubs of white cooking fat. Avoid bad fats in Margarine, Mayonnaise, Hamburger, luncheon and sausages. Don't eat store bought pies, cakes, most bread, muesli bars, popcorn, ready made packet food, ice cream. Battered, crumbed, fried foods and take aways.</p>
<p>6. Recommended</p> <p>Balance your carbs 40%, protein 40% and fats 20% with each meal or snack. Eg. Have a piece of fruit with some nuts.</p> <p>Don't go hungry: eat regularly or 4 hourly if you need to.</p> <p>Finish your dinner 3 hours before bed.</p>	<p>Make most of you meals from colourful vegetables and complex carbohydrates like beans, lentils, grains, vegetables, polenta, quinoa, dahl and chickpeas. Eat plenty fresh colourful fruits Cook mainly with virgin olive oil and those in <u>dark bottles or cans</u> Salad dressing, (use olive, flax or hemp seed oils in these) Home made best. Lean chicken, turkey, fish (see 2 above) Small handful raw nuts Avoid starchy foods like white rice, potato or limit to ¼ plate. Use brown rice or wholegrains and orange kumara instead: lower GI Replace ground almonds and a little cornflour for flour in baking. Take Omega 3 supplements such as fish oil, flax or hemp seed oil capsules. (remember to keep in refrigerator) Take a good quality vitamin and mineral supplement. Take Vitamin C daily Always cook from scratch, organic where possible. Vegans and vegetarians should seek expert dietary advice and have regular medical check ups.</p> <p style="text-align: center;">*Read food labels*</p>