

## Ideal Diabetes Diet

Diabetics who consume diets loaded with fresh fruits and vegetables have lower disease complication rates, more energy and less risk of weight gain. Excess weight can lead to further health problems.

Balance your meals and snacks by including something from each main food group to include carbohydrate (starch), protein and fats.

Healthy **Carbohydrates** include vegetables, fruit, grains, brown rice, lentils, legumes, dal and beans.



**Protein** includes fish, eggs, poultry, legumes, beans, lentils, dal nuts, milk, cheese and dairy products and a little meat.

Healthy **Fats** are found in nuts, avocados, olives and fish. Olive oil is ideal.



Drink mainly **water** and **green tea**

You do not need to eat special foods, but instead simply emphasize vegetables, fruits, and whole grains. A diabetes diet is simply a healthy eating plan that is high in nutrients, low in fat, and moderate in calories.

### Make half your plate vegetables

*It is a healthy diet for anyone!*

- Eat brown rice instead of white rice, steel-cut oats instead of processed cereals or instant oatmeal, or whole-grain bread/roti instead of using white flour products.
- Balance your meals with all the food groups and make vegetables the largest part of the meal. Eating carbohydrates along with protein or a little fat helps reduce the impact on your blood sugar levels.
- **STOP** fizzy drink and juice. Switch to water or tea instead.
- Eat kumara/sweet potatoes or pumpkin instead of white potatoes.

**Add Fibre:** Also called roughage or bulk, it is the part of plants that your body can't digest. Fibre is found in fruits, vegetables, whole grains, beans, nuts and seeds. In general, the more natural and unprocessed the food, the higher it is in fibre, therefore the better it is for you.

### DO NOT BUY READY-MADE PACKAGED FOODS

#### *Fibre's role in preventing and controlling diabetes:*

- Improves your blood sugar control and thus may reduce the risk of diabetes.
- Fibre intake is associated with a lower risk of heart disease.
- Fibre helps you feel full, so may even promote weight loss.

**Do not** eat any Indian Sweets such as Halwa, Barfi, Ladu, Gulabjamun, they raise blood sugars.

## Lifestyle

**Put exercise first.** Regular exercise will reduce diabetes risk. That it also helps keep weight in check adds even more benefit. Choose things you enjoy and do them every day.



**Keep a healthy weight.** Being a healthy weight is the best thing you can do to lower your risk of diabetes or improve established disease.

Need to lose weight? **Getting active and eating smaller portions s-l-o-w-l-y is your best tip.**



**ALCOHOL:** Caution needed as has similar action to sugar, but raises bad cholesterol and can also cause sudden low dangerous blood sugar levels. **Seek advice for safe levels for you, or avoid alcohol for best health.**