

Guidelines for Diabetics

Intervention approaches involving diet and exercise may be effective in preventing and treating incidence of Type II Diabetes. Even in Type I Diabetes, diet management is one of the focal points in treating it.


General Notes for Diabetics

- 1) Caloric restriction and moderate weight loss (4.5 kg to 9 kg) have been shown to improve diabetes control.
- 2) Adequate intake of whole grain products, vegetables, legumes and fruits are good source of vitamins, minerals and dietary fiber.
- 3) Sweeteners like saccharine, aspartame, acesulfame K and sucralose are safe to use. However, pregnant women should not use saccharine as it can cross the placenta.
- 4) Diabetics having nephropathy should be on a protein restricted diet and source of protein should be of high biological value. eg:- egg, fish, paneer etc.
- 5) It is important for diabetics to lower the intake of saturated fat and cholesterol containing fats like ghee, butter, margarine, cream high fat dressings etc.
- 6) Lowering the intake of salt for diabetics have shown to have a beneficial effect.
- 7) Exercise should be an integral part of the treatment plan for persons with diabetes. Exercise helps all persons with diabetes improve insulin sensitivity, reduce cardiovascular risk factors, control weight and bring about a healthier mental outlook.
- 8) Consuming Fenugreek (Methi) seeds everyday has been shown to have a beneficial effect. Methi seeds have 60% gel like substance, which swells and forms a barrier in the stomach and slows the absorption of carbohydrate. Recommended intake: 12.5 - 25 gms/day (in any form eg. sprouts, vegetables, powder)
- 9) Other foods like bitter gourd (karela), jamun have alkaloids which have shown a positive effect in control of diabetes.

Patients who are on Insulin

- 1) Day to day consistency in the timing and amount of food eaten is important.
- 2) It is not necessary to create unnatural or artificial divisions of meals and snacks.
- 3) It is very important to understand the start of action time, its peak time and total duration of action of insulin which he is being administered and to correlate well with the food timings and amount of food eaten.
Caution: Patients needing more personalized menu should visit the doctor or dietician for the same.

Please Note: This information is generic in nature and for any of your specific queries please consult your Doctor/Dietician.
Please do not disregard the advice provided by your health care professional for the information given in the guidelines.
Results may vary from patient to patient.
For best results observe your weight and have a periodical check up with your doctor.

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