What is Diabetes?

Diabetes is a disorder that occurs when your blood sugar is too high.

Three major types of diabetes

- **Type 1** - Little or no production of Insulin in the body
- **Type II** - The body is unable to utilize Insulin produced in the body (most common type)
- **Gestational Diabetes** - Develops in some women during pregnancy

**Insulin** - Insulin is a hormone produced in the body which helps glucose from food to get into your cells to be used for energy.
Common signs and symptoms of Diabetes

- Excessive thirst
- Frequent urination
- Blurred vision
- Unexplained weight loss
- Increased hunger
- Repeated infections
- Slow healing of wounds

Risk factors for Diabetes

- Unhealthy eating habits
- Lack of physical activity
- Being overweight
- Family history of diabetes
- High blood pressure
- High levels of harmful blood fats
- Use of alcohol, tobacco and drugs

What happens if you have persistently high sugar

- Eye Damage
- Stroke
- Kidney Damage
- Heart Disease
- Diabetic Foot
- Dental Problems
- Infertility
How to manage Diabetes?

Dietary recommendations
Portion control is the key. Follow small frequent meals.

Do’s

- Drink at least 8-10 glasses of water daily.
- Consume foods like Wheat, Dalia, Oats, Bajra, Ragi etc. They are rich in fibre and helps control blood sugar levels in the body.
- Remove the excess water while cooking rice to remove starch.
- Use multigrain/whole wheat bread, avoid coloured breads.
- Include whole pulses in your diet. Sprouted pulses can also be used as a snack or salad in your meals.
- Include plenty of fresh vegetables in your diet. Vegetables like spinach, methi, beans, peas, cabbage, cauliflower, bottle gourd, bottle gourd, tomato and cucumber can consumed liberally.
- Avoid too much of root vegetables like potato, sweet potato, carrots, yam, pumpkin etc.
- Include a minimum of 2-3 servings (1 serving = 100grams) of fruits daily. Fruits like guava, papaya, oranges, apples, cherries can be consumed.
- Avoid sweet fruits like mango, banana, litchi, grapes and cheeku.
- Choose lean meat like chicken, fish, duck, egg whites over mutton, pork etc.
- Choose toned or double toned milk over full cream milk.
- Avoid too much of maize and its products.
- Roasted Chana/ Boiled dal/ Sprouts/ a glass of buttermilk/ Fruit/ Boiled egg whites could be used as snacking options.

Dont’s

- Processed packaged foods like instant foods, biscuits, rusks, namkeens, chips etc.
- Saturated fats like butter, heavy creams, cheese, and mayonnaise and deep fried foods.
- Canned fruits or vegetables.
- Aerated drinks and fruit juices.
- Say no to sugar, sugar free, honey, jam, jaggery, desserts etc.
### SAMPLE DIET PLAN (1800 Kcal)

**Early Morning**
- A glass of Water + Overnight soaked 4 Almonds + 1 Walnut (optional) Or A glass of Water + Overnight soaked Methi seed

**Morning Tea**
- 1 cup Tea (without sugar) + Roasted Chana

**Breakfast**
- 2 Roti / ¼ Plate Rice (Over boiled) / ¼ Plate Poha (add vegetables) + 1 bowl Dal/ Sprouts / 2 Egg whites/ a glass of Milk (250ml)

**Mid-Morning**
- 1 Fruit (100grams) (Apple/ Guava/ Pear/ Peaches/ Papaya) + Lemon Water

**Lunch**
- Salad + 1 bowl of green Vegetable + ¼ Plate Rice (Over boiled) / 2 Roti + 1 bowl Dal/ Chicken/ Duck (100gm) / Curd (100gm)

**Evening Snack**
- 1 cup Tea (without sugar) + Roasted Chana/ Murmura (add cucumber, tomato etc.) / Boiled Chana (30gm) / Sprouts (30 grams) Or Fruit (100 grams)

**Dinner**
- Salad + 1 bowl of green Vegetable + ¼ Plate Rice (Over boiled) / 2 Roti + 1 bowl Dal/ Chicken/ Duck (100gm) / Curd (100gm)

**Late Night**
- A glass of toned Milk (250ml)

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*This is a sample Diet Plan. Please contact your health care provider before proceeding.*

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**1 medium glass= 250ml**
- 1 cup=150ml
- 1 bowl Dal= 30gm
- 1 bowl vegetable=100gm