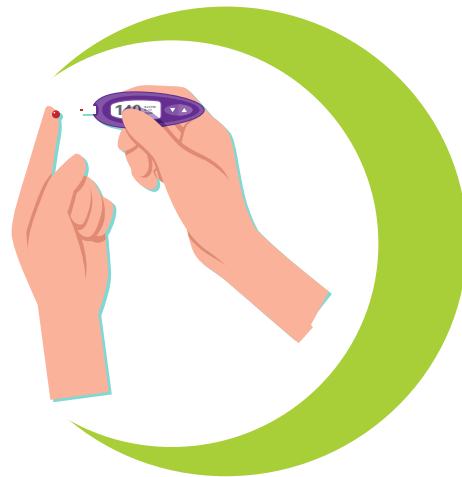


# YOUR DIABETES GUIDE



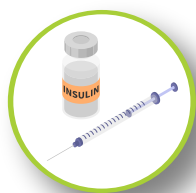
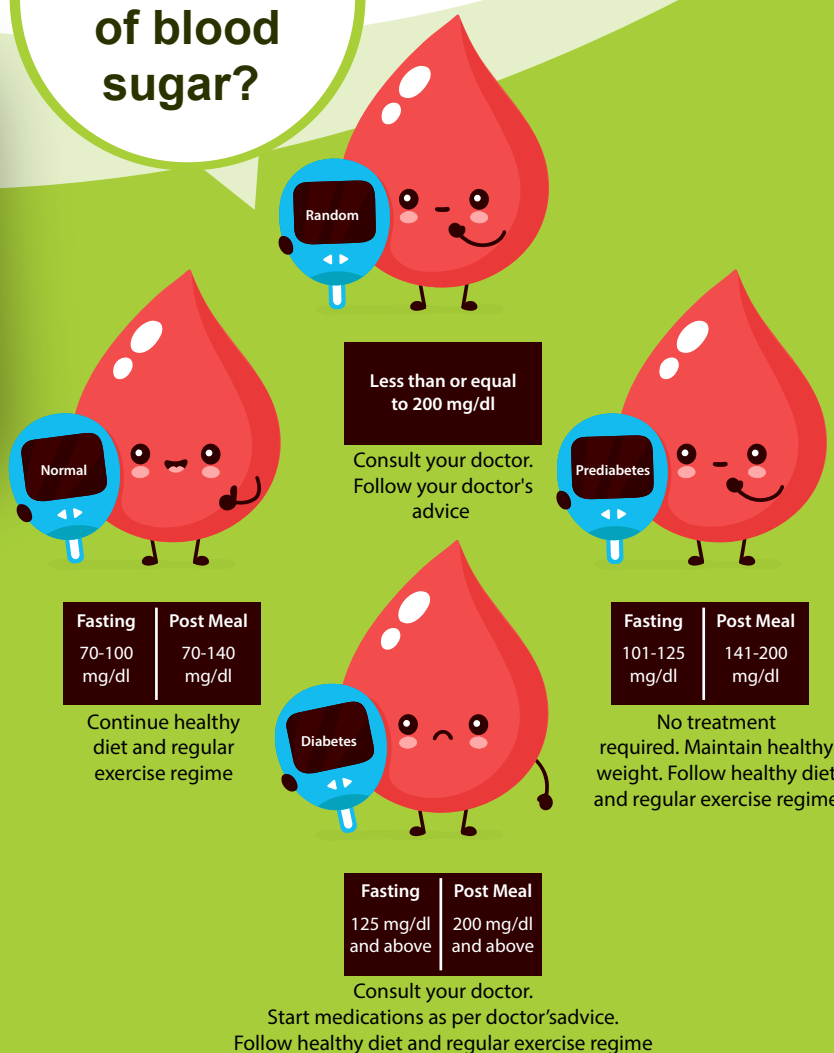
What is the range of blood sugar?

## What is Diabetes?

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

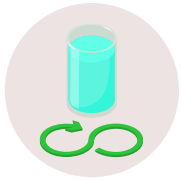
## Three major types of diabetes

- **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



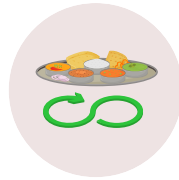
Frequent urination



Blurred vision



Unexplained weight loss



Increased hunger



Repeated infections



Slow healing of wounds

## Risk factors for Diabetes



What happens if you have persistently high sugar



Eye Damage



Stroke



Kidney Damage



Heart Disease



Diabetic Foot



Dental Problems



Infertility

# How to manage Diabetes?



**Eat Healthy**



**Take your medications on time**



**Exercise for at least 30 minutes per day**



**Monitor blood sugar regularly**



**Manage stress**



**Consult a medical doctor or health worker**

## 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 be 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)

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

1 medium glass= 250ml  
1 cup=150ml  
1 bowl dal= 30gm  
1 bowl vegetable=100gm



**Voluntary Health  
Association of India**

**AROGYA**

A Community Based Interventions on Prevention  
and Control of NCDs



**Lal Path Labs  
FOUNDATION**

© Voluntary Health Association of India, 2020

B-40, Qutab Institutional Area, New Delhi 110016, Ph: 011-47004300, Email: admin@vhai.org, www.vhai.org