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The Benefits of Diabetic Socks

Anyone with diabetes knows that it can lead to a gamut of other medical issues. Foot ailments are among the most common associated with diabetes. Because diabetes raises blood sugar levels, the risk of foot ulcers increases drastically as does poor circulation, loss of sensation and delayed wound healing. Providing your feet with the proper support and comfort can, and in most cases does, make all the difference for those suffering from diabetic foot problems. Wearing diabetic socks is the easiest and most convenient way to keep your feet healthy and safe.

Diabetic socks are specifically designed to control moisture and as such reduce the risk of infection and bacterial growth. Many socks are also made with anti-microbial materials for added protection. Diabetic socks, like the Physician's Choice brand, are also made with out seams so they prevent pressure and blistering caused from wrinkles. Proper prevention is key in maintaining healthy feet because diabetes can cause delayed healing and increased foot pain.

The elastic nature of a diabetic sock provides added support for the arch and foot while simultaneously adding compression

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to prevent swelling. Such support is crucial to maintain good posture and joint health. A good sock will fit snug without being restrictive or too tight. Socks that are too tight can restrict blood flow to the foot and cause further problems. For those with edema, an extra wide sock would better fit your needs. Check out Men's Diabetic Socks for an example.

Made of cotton blends, diabetic socks are softer and more skin friendly than regular socks and are hypoallergenic and breathable. They also tend to be thicker to provide added cushioning, and the toe space tends to be wider. Such factors are important as even the slightest aggravation or discomfort can turn into a serious issue for those suffering from diabetes. Millions of Americans suffer from diabetes every year, but combined with good exercise and foot care, Diabetic socks can make living with this disease easier and more comfortable for anyone.

Article Source: http://ezineseeker.com/?expert=Monica_McGuire

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Can You Beat Diabetes With Diabetic Diet Foods?

It is quite unfortunate that people all over the countries are suffering from blood sugar just because of having no exact knowledge of how to control diabetes. Despite the voluntary service extended by the American Diabetes Foundation, it is a matter for much concern that the number of diabetic patients is still increasing in America. Public health care programs are organized to give information for diabetics about diabetic diet foods and what causes diabetes. In spite of all these efforts, many people with diabetic condition do not know how to beat diabetes complications.

There are many ways and means to control blood glucose levels. There are some natural cures for diabetes, following which you can be proud of your diabetes self management in controlling blood sugar. On noticing the signs and symptoms of diabetes, your consultation with the doctor, clinical diagnosis by laboratory methods, and prescription of drugs and medicines are all preliminary steps to start your medication for diabetes mellitus.

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Away from all these steps you take, the change of lifestyle and choosing the right foods are much more important for controlling blood sugar. It is highly needed that the diabetics should maintain a balanced diet suiting his body type. Your prime concern should be in choosing the best foods to eat and the bad foods to avoid as a diabetic. You can certainly control blood sugar range within normal limits. Here are some tips on diabetic diet foods for beating diabetes.

1. You should choose foods that contain little saturated fats and cholesterol. These foods include fresh vegetables, leafy greens, onion and garlic in raw form. They should be preferably boiled rather than fried.

2. Cooking whole grains with insoluble fiber, and low carb diet are the best choice to control high blood sugar. If you are using oil in your cooking, let it be with less fat like olive and peanut oil.

3. Skimmed milk with less fat, skinless poultry, fish of any variety and egg without yoke may be helping to lower blood sugar.

4. The diabetic diet foods should be non-greasy and easily-

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digested. They should be rich in fiber and poor in fat contents.

5. Since fruits are the best source of fiber, those fruits high in vitamins and nutrients, but low in fats can give positive results to control and beat diabetes. The best fruits and salads that you can eat may be red grapes, jambul(rose apple) and guava, preferably unpeeled and with nuts. Fruits and vegetables you consume may be less in size and more in servings every day. Mind it to take whole fruits and they should contain low sweet. Citrus fruits like orange and lime are also good for fighting diabetes.

Controlling blood sugar is really an art. If you want to be an expert and safe, you should know the description of diabetic foods to avoid AND fruits to eat.

New Treatment For Diabetic Eye Complications

Diabetes is reaching epidemic proportions in the United States with more than 26 million Americans currently suffering with

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this serious disease. The most common of the eye complications are bleeding in the retina and macular swelling. Diabetic retinopathy is the leading cause of blindness in young Americans, and the swelling of the retina is due to chronic, long term retinal inflammation.

In an attempt to treat this very serious inflammatory condition, steroid injections have been given directly into the affected eye. It should be noted that this therapeutic modality is not FDA approved, but doctors have continued to employ it since it has been effective in reducing the swelling. The problem has long been that this treatment has substantially increased risk of ocular complications. In addition, frequent injections every few months are required in order for the therapy to be effective.

The steroid injections reduce retinal thickness thus improving vision. The steroids inhibit this inflammation by suppressing the endothelial growth factor. This in turn decreases the vascular damage. These beneficial results only last about 3 months, but the potential side effects include cataracts, increased pressure in the eye, endophthalmitis (severe inflammation) and uveitis.

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The goal is to increase the effectiveness of the steroid without increasing the negative side effects. Intraocular implants have been employed near the front of the eye, behind the natural lens, for treating multiple retinal conditions. These include cytomegalovirus (CMV) and posterior retinitis. These implants require sutures and thus have an increased risk of infection when used.

Iluvien is an injectable steroid that is currently under FDA investigation for Diabetic Macular Edema and will last up to 3 years after injection. It is injected with a 25 gauge needle which seals itself; not requiring any sutures. It can also be placed more posterior in the eye for higher effectiveness and thus better results; this will also decrease the chances of bad side effects so common with the other steroid injections.

This article is written by Dr. Jay Stockman, editor of VisionUpdate.net. Dr. Jay Stockman, with his partner Dr. Brian Lewy has co managed a significant amount of refractive surgery patients. Advise, and medical questions can be directed to <http://newyorkvisionassociates.com> New York Vision Associates.

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Diabetic Symptoms – Gestational Diabetes

Gestational diabetes is a temporary phase. In this type of diabetes a pregnant woman has the levels of blood sugar that are higher than normal. Till so far the exact cause of this type of diabetes is still unknown. However many doctors are of the belief that these disturbed blood sugar levels are because of an increased stress on the body of the woman. Most women do not experience any obvious symptoms of gestational diabetes. The disease remains undetected unless they go for a routine screening of diabetes during the second trimester of pregnancy.

Some doctors think that it is the placenta and its working that is the main reason of gestational diabetes. Placenta is the system that supports the growing fetus in the uterus. In the period of pregnancy placenta produces many different types of hormones. Some of these hormones are not in the favor of the efficiency of mother's hormones. The result is high-level of sugar in blood. Though the pancreas of the mother's body is producing three times more insulin to counteract the placental

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hormones but insulin cannot enter the cells. This condition is termed insulin resistance.

Sometimes pregnant women are able to note the classical symptoms of diabetes. These are

Excessive Urination: This is the result of increased blood flow towards the kidneys so surplus sugar could be expelled through urine.

Excessive Thirst: This is the reaction to the excessive urinary output to avoid dehydration.

Extreme Hunger: The sugar consumed by the body is unable to enter the cells of the body so the cells become starved of energy. These starving cells give signals to the brain that they are hungry.

Unexplained Weight Loss: In spite of the fact that a pregnant woman is eating a lot to feed the starving cells and the growing fetus, there is a continuous decrease in the weight of the body of the mother. The doctor may be able to see that the weight of the baby is increasing but the weight of the mom is decreasing.

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Tiredness: It is very difficult to distinguish between pregnancy fatigue and the exhaustion because of diabetes. The woman may feel completely exhausted even without doing any strenuous activity. The reason again here is the lack of energy as the cells are unable to convert glucose into energy.

Irritability and Mood Swings: Again the woman may confuse this irritable behavior because of pregnancy hormones.

Blurriness in Vision: The vision of the pregnant women starts to get blurred because of an increased blood flow towards the retina of eye.

I know that what I am going to tell you can be unbelievable, but that's the truth and 100% truth. Diabetes can be managed and even reversed. I have reversed it. Check – Signs of Diabetes and Gestational Diabetes.

Fundamental Checklist for

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Diabetic Patients

It takes more time and efforts to be a care provider for a patient of diabetic disease than of other illnesses just because of the total huge amount of medical supplies required for its treatment. Unbelievable! Let's dig deeper into the problem. Glucose and insulin levels as well as blood pressure are just some of the things that you have to carefully and regularly monitor to ensure that your loved one is in optimal health. To do your job properly, make sure you've got a complete set of diabetic medical supplies on hand.

A Basic Checklist for Diabetic Medical Supplies

Take action quickly if you notice any item listed below missing from your diabetes care kit.

Insulin. People with type 1 diabetes need daily shots of insulin to be able to function normally. Even people with type

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2 diabetes will gradually need insulin shots as well to effectively manage their glucose levels. There are more than twenty kinds of insulin products sold in the market today and it's best to consult your doctor as to which would be most suitable to your situation. Prescription is rarely required, but you definitely need one if you wish to charge insulin costs to your insurance company.

Insulin Test Strips. These are used in conjunction with diabetic testing meters so make sure you take into consideration the diabetic testing meter you're using and whether your insulin test strips would work well with it.

Insulin Syringes. These are specially designed hypodermic needles for insulin use. Needle size and thickness will vary depending on the user's insulin needs. It's important to take note of the recommended needle size as the wrong choice could lead to painful injection and medical complications. Consider buying only insulin syringes from well-known brands as these are durable and won't easily break when being used.

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Insulin Pumps. These are connected to your body by inserting a flexible tube to the skin of your abdomen. The tube is attached to a catheter from which insulin will be dispensed. Proper placement and positioning of the insulin pump will allow you to closely control the flow of insulin into your body to maintain ideal insulin levels. Insulin pumps have to be programmed so that they'd provide you with the right dosage at the right time. Doctors discourage its use during physically strenuous activities.

Jet Injectors. People with fear of needles may instead use jet injectors to take insulin shots daily. Jet injectors use high pressure air instead of needles and spray insulin into the user's skin.

Diabetic Testing Meters. As mentioned earlier on, glucose or blood sugar levels of diabetics must always be monitored. By availing your own set of diabetic testing meter, you can now find out your blood count even without visiting your doctor.

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Portable kits will also allow you to test yourself not only at home but also when you're traveling. Glucose Control Solutions. These are complementary solutions to ensure that devices like insulin test strips and diabetes testing meters are in good working order. As there are different types of glucose control solutions available in the market, consult your doctor to determine the best match for your testing instruments. Make sure you keep sufficient supply of them!

Alcohol Swabs. Organizations like the American Diabetes Services have acknowledged the critical importance of having a ready supply of alcohol swabs available for diabetics. Alcohol swabs make sure that injection sites in your body are clean and sterilized. Without them, your diabetic loved one runs the risk of contracting infection due to lingering bacteria or virus. They are especially helpful when traveling and you're exposed to toxins found in the environment.

Erection Vacuum Therapy. Sometimes, diabetes can also affect your sexual activity. In such cases, undergoing erection

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vacuum therapy is a safe way of avoiding diabetic impotence.

Glucose Tablets. Certain instances cause diabetics to suffer from alarmingly low blood sugar levels. In these cases, having glucose tablets handy can ensure that you increase your glucose content immediately, safely, and accurately. Excessive increase is, after all, just as dangerous as extremely low glucose levels.

Injection Supply Start-up Kit. Lastly, these kits generally come with free syringes and vial adapters. Always look for kits with the largest number of compartments of varying sizes so that you can keep all your insulin vials and other supplies in place. Kits must be made of durable material and able to protect its contents.

Flor Serquina is a successful Webmaster and publisher of Learn-About-Diabetes.com. She provides more information on topics such as diabetic medical supplies, diabetic insulin

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supplies and discount diabetic supplies, which you can research on her website even while lounging in your living room.

Diabetic Foot Care Should Not Be Ignored

With damage to the nervous system, a person with diabetes may not be able to properly feel their feet. People with diabetes must be fully aware of how to prevent foot problems before they occur, recognize problems early, and to seek the right treatment when problems do occur.

Treatment for diabetic foot problems has improved, but prevention remains the best way to prevent diabetic complications. People with diabetes should learn how to examine their own feet, how to recognize early signs of feet problems, and what is a reasonable to manage at home and when to call a podiatrist or seek emergency treatments.

Take Care of your Feet at Home

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If you have diabetes, you should examine your feet every day. Look for puncture wounds, bruises, pressure areas, redness, warmth, blisters, ulcers, scratches, cuts and ail problems. If you need help in examination, get someone to help you or use a mirror. Diabetes decreases blood flow, so injuries will be slow to heal and without healing, your wound is at risk for infection.

After any trauma, no matter how minor, examination of your feet is necessary. Report any abnormalities you may find to your local Brooksville podiatrist. In addition, a water-based moisturizer will help to prevent dry skin and cracking of your feet. Avoid elastic socks and hosiery because they may impair circulation of your feet and ankles.

Exercising regularly will also improve bone and joint health in your feet and legs, improve circulation, and stabilize blood sugar levels. Consult your Spring Hill podiatrist prior to beginning any exercise program for approval. It is always important to work closely with your podiatrist and physician for the best outcomes.

Symptoms of Diabetic Foot Problems

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When your feet become numb, they are at risk for becoming deformed. One way your feet may become deformed is through ulcers. Another way is Charcot foot (“Sharko”), a bone condition. This is the most serious of foot problems that you can face because it warps the shape of your foot when your bones fracture and disintegrate. You can continue to walk because it doesn’t hurt, but it is not good for your feet to continue walking on them.

Persistent pain can be a symptom of a sprain, strain, bruise, overuse, improperly fitting shoes, or an underlying infection of the foot or ankle. Any break in the skin is a very serious problem and can result from abnormal wear and tear, injury, or infection. In addition, toenail fungus, athlete’s foot, and ingrown toenails may lead to more serious bacterial infections.

When to seek Medical Care

At home prevention and examination is highly important, but it is also necessary to contact a podiatrist when symptoms may worsen or persist. Consult your podiatrist if you have cuts or breaks in the skin or have an ingrown nail. Additionally, if severe pain in the feet or legs is present visiting your local

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podiatrist is highly recommended.

Diabetes is serious, especially when it comes to your feet. At home inspections and early detection along with trips to your podiatrist can go a long way when it comes to diabetes and taking care of your feet. If you have diabetes, talk with your Brooksville podiatrist about what you can do now to keep your feet safe, strong, and healthy for a lifetime.

Dr. Charles Chapel of Chapel Podiatry is a leading Spring Hill podiatrist and Brooksville. Offering an array of podiatric treatments, including heel pain, wound care and diabetic foot care in Brooksville and Spring Hill, Dr. Chapel is qualified to handle any foot care need for patients of every age.

Diet for Diabetes – Diet Guidelines for Diabetic Patients

A well planned diet is an essential part of diabetic patient's life. Proper controlled diet with adequate exercise helps in

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maximum control over diabetes. As per the report produced by American diabetes association, a person with diabetes should intake food with fifty percent carbohydrate content, thirty percent fat content and twenty percent protein content. Uncontrolled consumption of food results in overweight of the body there by increasing the chance of hyperglycemia. Over consumption of oily food is one among the important cause leading way to diabetes. Accumulation of fatty acids reduces metabolic activity of the body which may further lead way to various health complications like increased blood pressure.

High blood pressure supports hyperglycemia and increases the risk of heart disease. Try to avoid the intake of fried meats, fast food and foods which contain an over amount of saturated fats mainly seen in meat. Studies say that it is better to prefer sea foods like fishes and prawns than meat and poultry for controlling blood sugar level. Make use of low fat foods like oats for controlling body weight which helps in maintaining a proper control over cholesterol level and triglyceride level in the body.

Apart from taking oral medicines and insulin doses, preparing a planned diabetic diet so as to control the blood glucose level is very important. Diabetic diet helps in keeping a

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balanced calorific value in the body there by preventing the chance of hypoglycemia and hyperglycemia. Never hesitate to consult a doctor when the glucose level concentration is higher than usual level even after taking proper medicine and food. Many physicians advice in taking foods containing unsaturated fats. Canola oil, virgin olive oil, sunflower and rapeseed are examples of monounsaturated fats and polyunsaturated oils which help in tolerating insulin function.

Most of diabetic patients prefer sweet taste dishes than other tastes. Some times, warning and advice creates no use or null effect on many diabetic patients. So it is better to give them fresh fruits than other sweet products like ice creams and chocolates. Maintaining blood glucose level by using sucralose as a sugar substitute is another way to control diabetes. Also do regular checking and make sure that the blood glucose level is not exceeding its value. Glucose value should be between 80 and 120 mg/dL before meals and should be between 100 and 140 mg/dL after meals.

Usually doctors advice diabetic patients to carry sugar candy with them. This will help diabetic patients in preventing complications due to hypoglycemia. A good bed time snack

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reduces the risk of hypoglycemia during sleep hours. Before meals, make sure that appropriate insulin dosage is taken to maintain the blood glucose level. Basal and insulin lispro are two kinds of insulin dosages taken by diabetic patients before and after meals. It is better to take meals and snacks in regular intervals of time rather than taking a large quantity in single trip. Making a note of daily diabetic diet helps to a great extent in planning meals accordingly. Diabetic diet thus plays a key role in maintaining a healthier lifestyle.

Read more about [Diabetes Natural Treatment](#). Also know about [Diabetes Home Remedies](#). Read about [Ayurvedic Treatment for Diabetes](#).

Tips For Living With Your Diabetic Dog

If you have a diabetic dog, life is probably a bit more complicated for you and your pet than it used to be. Canine diabetes can be a challenging condition to manage, but it can be done. Here are some tips to make life easier for both of

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you.

Is Exercise A Good Idea For Dogs With Diabetes?

Yes, it is, but you do need to be careful. Too much exercise can cause your pet's blood sugar levels to drop to dangerously low levels. It's always a good idea to keep a little Karo syrup with you so you can rub it on your pet's gums if he starts showing signs of hypoglycemia.

It's essential to be establish a consistent routine for exercise. You'll need to commit to exercising him every day at about the same time, for about the same amount of time each day. Avoid having him out running around at top speed for a half hour once or twice a week, and then sitting around the rest of the time.

A daily ten-minute walk can help considerably in keeping your pet's blood glucose regulated. Low-key activities, where your pet doesn't start panting, are best. Walking or swimming are recommended exercises for a diabetic pet.

Always consult with your vet before starting an exercise program for dogs with diabetes.

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What Should I Be Feeding My Diabetic Dog?

You need to understand that most dry dog food contains too many carbohydrates. The problem is that carbohydrates are quickly broken down into glucose, which is dumped into his system all at once. This causes a spike in his glucose levels. A pet with diabetes either isn't producing enough insulin to regulate these levels, or his body can't use it. When glucose levels remain high for a long time, it causes damage to just about every organ in your pet's body.

Learn to read pet food labels. You'll probably be surprised to learn that even the dry prescription diet your vet recommends contains too many carbohydrates for dogs with diabetes.

You'll want to feed your pet a high-quality grain-free food. Canned food is probably best, although there are dry foods available now that are grain-free. Look for a food that's high in fiber, and low in fat. Protein and fat are also broken down into glucose, but it's released into your pet's body over a much longer period of time, which avoids those nasty spikes in blood sugar levels.

You'll be feeding your pet two or three small meals a day

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instead of one big one. This also helps to regulate glucose levels in his blood.

Are Natural Remedies For Dogs Safe For Pets With Canine Diabetes?

Some pet owners are interested in using herbs and dietary supplements to regulate glucose levels naturally. Research has shown that the herbs goat's rue, fenugreek, and astragalus, along with the mineral chromium, are very effective in controlling blood sugar levels in pets. These remedies are safe to use in combination with the insulin prescribed by your vet.

Always consult with your vet before making any treatment changes. Most vets are very open to the use of natural remedies, and will be willing to work with you and your companion. It's important that your vet monitors your pet to be sure he doesn't develop hypoglycemia. It may be necessary to lower the insulin dose when using natural remedies for dogs.

Do yourself and your diabetic dog a favor and try a natural pet remedy today. Life may become less challenging for both of

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you.

Darlene Norris has combined her experience working at a vet clinic with her long-time interest in natural healing to bring you her new website, Natural Pet Diabetes Control. Learn how you can use natural remedies for dogs to help your diabetic dog by visiting <http://NaturalPetDiabetesControl.com>

Calorie Diabetic Diet Menu Helps Diabetics to Plan Their Diet

A calorie diabetic diet allows you to take control of calorie intake. We get calories from basic food content which are carbohydrates, proteins and fats. We get energy from carbohydrates but it affects our blood glucose level. More carbohydrates results in high sugar levels in your blood.

With the help of calorie diabetic diet you can control per day calorie intake and hence can manage diabetes effectively. The need of calories is not same for everybody, the amount lies

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between 1200 and 1800. But in the case of gestational diabetes calorie range should be between 2000-2500 calories per day.

In calorie diabetic diet you have to be careful about foods which you include in your meals. Plan your meal according to your calorie diet. The menu depends upon which calories diet you choose. Your doctor suggests you a calorie diet according to your diabetes type and physical status.

If you choose 1800 calorie diet then plan your whole day meals such that throughout the day you get only 1800 calories and not more than that.

A sample menu for 1800 calorie diet is: In breakfast include two slices of wheat toast, one cup low-fat yogurt, 1/2 cup orange juice, two teaspoon margarine, four teaspoon sugar free jelly and coffee or tea.

The lunch should be of four oz grilled chicken, two dinner rolls, two oz fat-free or low-fat cheese, two cups green salad with one tablespoon dressing, one teaspoon margarine, one peach and one cup skim milk.

Dinner include one bread, 2/3 cup pasta noodles with 1/2 cup pasta sauce, 1/4 cup eggplant and zucchini, and 1/2 cup

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unsweetened applesauce.

This is one sample of 1800 calorie diet. You need not follow this plan every day, you can make variations in your meal but remember that plan your meal in such a manner so that it contains only 1800 calories. While choosing foods you can take the help of food exchange list. A food exchange system divides all foods into six groups. Each group contains list of foods having same calories. You can replace the food with another food of same calories but exchanging foods between the groups is not allowed. You can exchange the food within the group. With the help of exchange list you can select the food and exchange it with another food having same calories.

Occasionally you have to eat some food which is not in your regular diabetic diet especially when you go for a party. Then in this case adjust your diet so that you can also enjoy that food. Eat less calories at lunch and have a small portion of cake or ice cream. Instead of sweets drink a calorie free beverage. If you take excess amount of calories than your regular calorie diet then burn the calories by exercise such as walking, cycling etc. Monitoring your blood glucose level is essential because if it goes up you can adjust your next meal and can keep sugar level within normal range.

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Thus calorie diets are very effective in diabetes treatment and management.

Drink lots of water because it is calorie free and helps to flush away the toxins. Did you know that flavored carbonated water has no calories, sugar, body, sweetener, color or preservatives? Do you want to know more? Check out tutorials.carbonatedseltzerwater.com/

This article is submitted by Ola Martinsson, who just recently got the diagnosis diabetes. Trying to read and understand as much as possible about diabetes. Found an interesting site at <http://adviceondiabetes.com> with a free ebook including more than 500 diabetes recipes.

Diabetic Nutrition is Not Imposed Starvation!

Living with a health condition is never easy. Primarily it's because you have to go about with limitations. How you eat and what you eat is basically one factor you have to be mindful of. This has to do with healthy eating, and by eating

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healthily, you give way to better health. For instance, one of the most threatening diseases you can ward off by healthy eating is heart disease. Heart disease is by all means deadly, possibly resulting to stroke, heart attack and other complications. By eating healthy, it does not at all mean starving yourself or fasting. To eat healthily is more of having healthy food choices eaten at the right time.

Fruits and vegetables, whole grains, beans, lean meats, poultry and fish are some of these healthy food choices. The proper diet has to do with nourishing yourself with sources from all food groups, and therefore your nutrient needs are well-provided. And then again, there is of course, you having to eat them at the right amounts-not too much, not too little. Vitamins and minerals and fiber are the basic elements your diet ought to contain. Proper nutrition- do not undermine its significance, especially if you suffer from diabetes. Diabetes is a degenerating disease. Complications could well arise if you are diabetic and you neglect managing your condition.

One of the vital means of managing diabetes is through the diet, or else providing yourself with proper diabetic nutrition. Thinking about diabetic nutrition, what might come into mind is yourself eating bland hospital food. Not at all.

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In fact, diabetic nutrition can be as enjoyable as a regular meal. The whole family can enjoy it, not just the diabetic person. Proper diabetic nutrition can promote the whole family's well-being other than the diabetes sufferer in the household. For proper diabetic nutrition, you would need a well thought out diet and meal plan. Your diabetic diet and meal plan can consist foods to your liking, not bland or boring foods.

Diabetic nutrition makes way for better blood sugar, cholesterol and blood pressure levels for you. Your diabetic meal plan keeps your weight in check, too. Having healthy weight is an essential aspect of managing diabetes. Keep to the proper diabetic nutrition program and you prevent diabetes complications as well as keep yourself fit. That's health and fitness, including proper diabetes management. But in the same manner, diabetic nutrition is to be complemented with exercise, or physical activity. If your doctor has recommended diabetes medications, it has to be incorporated in your diabetes management program, too. It is best that you resort to your doctor or a qualified dietitian to devise your diabetic nutrition meal plan.

They can give you the most suitable recipes for your

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particular case or condition, your needs and even your preferences. Thinking to yourself that you need to impose “restrictions” on yourself for diabetes management would only give you more stress. On the other hand, think of yourself as somebody who takes time to love and care for you and your body. That what you do- healthy dieting and exercising- are means of loving yourself rather than “punishments”. Think of what you’d gain by keeping to a healthy lifestyle- good health and vigor, healthy mind and emotions and happiness. Aren’t they worthy goals to invest your time, resources and effort on? So by all means, live healthy, and do it with pleasure!

The author of this article Rose Windale is a Health and Wellness Coach who has been successful with several natural health programs for many years. Rose decided to share her knowledge and tips through her website <http://www.healthzine.org>. You can sign up for **her free newsletter** and enjoy a healthy and happy life.

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