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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 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

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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 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

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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.

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/

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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 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.

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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. 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 of foods to your liking, not bland or boring foods.

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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 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

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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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Treating Diabetic Ketoacidosis

Diabetes is one of the most common diseases faced with people these days. Diabetes need a lot more care than other diseases so as to see that the blood sugar level is controlled in the body at regular intervals. If the blood sugar gets so high that ones body starts burning fats stores for energy, one may start producing ketones bodies which build up and spill over in to the urine. Ketoacidosis is a condition which is commonly found in Type1 diabetes, where the combination of high blood

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glucose, ketones bodies, dehydration, and various chemical imbalances and when not taken care of results in the same. But studies have shown this is not found in Type 2 diabetes.

One has to be more careful and more aware, if one is suffering with other illness along with diabetes, as ketoacidosis have more chances to attack the body system, therefore it is vital to check ones blood glucose frequently. One should be very careful when home sick, one should always be prepared with one's spouse or a close friend in case if emergency occurs. One should make them instruct that if in any case one may not answer the phone after frequent rings they should come to the house, give a check and if found in conscious state should be referred to hospital or they should call an ambulance without any delay.

Intravenous fluids are used to treat diabetic ketoacidosis, as they dilute the blood glucose and rehydrate you. Chemicals like potassium and sodium are used with intravenous fluid in order to balance the boy's imbalances. Insulin is also used to push glucose out of the bloodstreams and eventually into the cells. As soon as the blood glucose level comes down to normal, the body immediately needs some fuel in the form of glucose to prevent the formation of ketones. That is why

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glucose is added to the intravenous fluid. In emergency situations, you will be stabilized in the emergency room by physicians and later they keep you in hospital for a day or two to make sure that you have passed the crisis period safely and there is no threat left over.

Mathew is a diabetic child and he got food poisoning or stomach flu for some reasons and began to vomit. As far as insulin is concerned, he knew nothing, but to take prescribed dose of insulin. Besides this, he had no idea about it. His condition became severe and his mother called for doctor help. Doctor suggested her to take her son immediately to emergency. Mathew was dehydrated. Doctors took some blood and began intravenous fluid treatment. He was admitted to intensive care unit as he was so dehydrated, he took eight liters of fluid before he had to urinate.

The purpose of giving this example here is to let you know that how important is your immediate response to diabetic ketoacidosis. If you show any carelessness, the things get worse for you. So, if you feel that the things are getting worse rather than improving, contact your doctor immediately.

You might also want to learn about Treating Diabetic

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Ketoacidosis and Dealing with Hypoglycemia

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Alpha Lipoic Acid Diabetic Neuropathy

Alpha lipoic acid [ALA] is an antioxidant that has shown tremendous promise in not only reducing the pricking, cutting and searing pain associated with diabetic neuropathy but also in providing a boost in the effectiveness of other vital vitamins in diabetics. Hence, with alpha lipoic acid diabetic neuropathy can certainly be tamed to a certain extent.

Diabetics might unfortunately find out that over a period of time, due to poor blood circulation and nerve damage, they might start getting a feeling of numbness followed by bouts of pricking, cutting and searing pain in the muscle of their leg or hand. Diabetics will need to increase their level of care in such cases since they might not even realize if a nail has

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punctured through the sole of their feet. Regular foot and hand inspections will become mandatory in such cases. However, the arrival of alpha lipoic acid in capsule form can at least alleviate the pain related to diabetic neuropathy.

In addition to relieving pain, ALA has also been shown to remove glucose from blood, which in turn helps in regulating blood sugar levels to a certain extent in diabetics. Again, while there are no sure-shot cures for diabetes, this antioxidant is also helpful in mopping up harmful chemicals in a diabetic patient's blood cells due to its antioxidant properties. However, blood sugar levels will need to be continuously monitored for patients taking these capsules to maintain a proper balance in levels. Alpha lipoic acid is anyway better than any current alternative in the market since analgesics might just make the patient drowsy while narcotics could quickly turn into a habit.

ALA is also found naturally in the human body. It can also be found in foods such as beef, spinach, broccoli, and even in brewers yeast. But if it is not present in normal levels in a diabetic's body, then regular doses in the form of supplements can be recommended by the patient's doctor. Past studies have revealed that alpha lipoic acid works quickly upon ingestion

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and provides relief from the aches and pains related to diabetic neuropathy. Alpha lipoic acid also helps in enhancing the effectiveness of other vitamins such as vitamin C and E. Its antioxidant properties have also helped in defending vital brain tissue from the ravages of harmful chemicals.

Although ALA is beneficial for humans as well as pets, it is not recommended for cats since it could result in liver toxicity. Anyway, before starting any pet on alpha lipoic acid, it would be better to consult the pet's veterinarian. The healths of most humans and pets have definitely improved within a month of taking these capsules. Again, pregnant or lactating women should also avoid the intake of alpha lipoic acid capsules due to an absence of data of any long term effects.

Hence, antioxidants such as alpha lipoic acid in capsule forms can be of great help to diabetics that are suffering due to the painful effects of diabetic neuropathy. Diabetics should consult their doctor and get started immediately since with the right dosage of alpha lipoic acid diabetic neuropathy can certainly be reduced to quite an extent and the patient can concentrate on taking care of the other aspects of diabetes.

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Diabetes Type 2 – A Diabetic Meal Plan Can Reverse Your Diabetes

Has your physicians told you or your family member that you have diabetes type 2? I know that this information was the worst news that you have heard in a long time, but just know that there is something that you can do to reverse diabetes. Diabetes is just not a disease of the pancreas but it will affect every part of your body if the blood sugar is not under control. The complications of diabetes can be blindness, hypertension, stroke and even heart attack.

A diabetic diet is the most effective treatment for diabetes. If you change the way you eat then you can lose weight, reduce

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your blood sugar level and may even reverse this diabetes.

A diabetic diet will consist of a balance of carbohydrates, protein and fats. There is lot of discussion on how much carbohydrates you should have but most nutritionist would agree that the carbohydrates that you should eat will be a low glycemic index (or a carbohydrate that will not raise your blood sugar level) such as having for breakfast a piece of whole wheat toast vs. a doughnut.

Most people who start out on a diet do very well, but then fall back into their old ways. It is believed that if you want to succeed you need a plan. There are professionals on line that will create a diabetic meal plan for you to get your started today. Also have a plan for when you are eating out, decide before what you will order or eat before you leave so you will not be so ravenous and be tempted to eat some things that you should not eat.

Decide today that you will follow the diabetic diet. There are professionals that will plan the diet just for you. Don't let diabetes take over your life. Take back control today and decide that you will eat the right food in the right amounts.

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I have found this resource for Free Diabetic Diet Plan and would like to share it with you.

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Diabetic Dessert Recipes – The Important Tips You Should Know

Being a diabetic does not mean that you have to go entirely and absolutely free of sweets in your meal plan. Occasional mildly sweet treats can be allowed at certain times provided that your blood sugar levels are maintained within your target range. Eating food that are low in sugar and carbohydrates – both usual components of most desserts, makes up part of a natural treatment for diabetes. Food intake and food choices should therefore be adjusted to ensure that only good food for diabetes are included in any diabetic low carb diet. There are menu planners and cookbooks in the internet that contain hundreds or even thousands of diabetic meal recipes as well as diabetic dessert recipes that are interesting, healthy, and delicious.

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Studies have shown that there are ways to lower blood sugar just by altering how we eat and what we eat. There are cookbooks on the diabetic low carb diet that contain lists of food that are allowed in the diabetic diet. The meal plans for diabetics often vary from one individual to another. It is best to consult your physician and your dietitian so that they can draw up a meal plan for you. Generally, food that are low in sugar or those whose glycemic indices are low are allowed into these meal plans. Sites that help you draw out your meal plan would also have diabetic meal recipes and diabetic dessert recipes that would be easy for you to prepare and delicious enough for you to enjoy.

Dessert is one of the sweetest foods that we eat. It is not unlikely that this part of the meal will be the one that gets cut when one develops diabetes. It is a good thing that there are still ways to enjoy dessert without having to suffer the effects of having a high blood glucose level. Diabetic recipes use only those ingredients that are low in glycemic index and are prepared in a low fat manner. With these recipes, anyone suffering from diabetes can have his fill of a deliciously prepared meal without having to worry about his blood glucose levels shooting up. There are, however, differences by which each one who suffers from diabetes reacts to sugar in the food

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that they eat. This is why it is still best to consult with your physician if you wish to include certain recipes in your meal plan.

Eating a balanced and healthy diet prepared from diabetic meal recipes and diabetic dessert recipes is a good way to control the effects of diabetes. When done in conjunction with a good exercise program and a healthy lifestyle, the diabetic low carb diet will effectively help anyone suffering from diabetes live long years free of any adverse complications. Eat only those good food for diabetes and keep your life stress-free are the most common advice that diabetics get from their physicians. Medication is not the first and only solution to diabetes. In fact, there are no known cures for diabetes. Once you are diagnosed with diabetes, you are considered to be diabetic for life. You can only try and manage your diabetes by looking for ways to lower blood sugar levels in your system.

Controlling blood sugar is an art. If you want to be an expert in it, you should know what Diabetic foods to eat & avoid. Discover 5 Simple Tips on How to Lower Blood Sugar Levels today.

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Easy Chicken Recipe – Chicken Pies With Rice Crusts (And it is Diabetic Friendly!)

Chicken is economical, easy to prepare, and healthy, making it one of the most often prepared items in our kitchens. If you are tired of serving chicken the same old ways, check out this recipe for a new idea in your family meal planning. This recipe for Chicken Pies in a Rice Crust is a great way to serve chicken.

CHICKEN PIES WITH A RICE CRUST

Rice Crust:

1 cup raw brown Basmati rice

2 cups chicken stock

1/3 cup chopped pecans or almonds

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2 tbsp chopped chives or green onion tops, finely chopped

2 tbsp toasted sesame seeds

Salt and pepper to taste

2 egg whites

Wash rice. In a large saucepan with a lid, bring the chicken stock to a boil. Stir rice into boiling stock and bring back to a boil. Lower heat to simmer, add lid to pan and cook 45 minutes, until rice is tender and stock is absorbed. Preheat oven to 375 degrees. Cool rice to lukewarm and add pecans, chives, sesame seeds, salt, pepper, and egg whites. Pat onto the bottom and sides of 4 individual quiche dishes to form crusts. Bake in a 350 degree oven for 10 minutes.

Chicken Filling:

4 large skinless, boneless chicken breasts

1 tbsp olive or canola oil

1/2 tsp salt

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1/4 tsp fresh ground black pepper

1 cup water

8 tbsp Worcestershire sauce

1 tbsp Dijon mustard

2 garlic cloves, crushed

Cut chicken into small chunks. In a large frying pan, heat oil. Add chicken and cook to a golden brown. Season with salt and pepper. Remove chicken from pan and allow to drain on paper toweling. Wipe any excess oil from the pan. Return pan to heat and deglaze with water and Worcestershire sauce. Add mustard and garlic; bring to a boil. Lower heat to simmer, add chicken back to pan and cook for 5 minutes. Fill the rice crusts with the chicken mixture.

Yield is 4 servings at 490 calories, 45 g carbs, and 37 g protein each making this a good chicken and rice dish for diabetics.

Enjoy!

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For more of Linda's recipes and diabetic information go to <http://diabeticejoyingfood.squarespace.com>.

Coping With a New Diabetic Lifestyle and Diabetic Medication

Many people find that coming to terms with being diagnosed as diabetic can prove to be emotionally overwhelming.

Considerable changes need to be made to your lifestyle in order for you to properly treat your diabetes. It is very likely that you will need to alter your exercise and eating habits in order to minimize health risks associated with the disease. In addition to lifestyle changes, you will need to learn how to properly use a glucometer and diabetic testing supplies in order to regularly monitor your blood glucose levels. Depending on your diagnosis, you might also need to learn how to give yourself insulin injections or use other diabetic medications. Coping with the transition to your new healthier lifestyle can be made easier with the help of your friends and family, and there are many free diabetes support

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resources for you to take advantage of as well.

One of the most difficult things to get yourself accustomed to is pricking one of your fingers in order to get a blood sample for a glucose reading. Diabetic testing supplies can be tricky to master at first, occasionally resulting in you having to prick your finger multiple times before getting a true reading with your glucometer. This should happen less often as you gain experience with your glucometer and testing strips.

Even though diabetes affects over 20 million people in the United States, your body is still unique. Therefore, your doctor should tailor your diabetes medication regimen to your specific needs. Talk to your physician about what treatment options are best for your situation. Ask if your diabetes medication has negative side effects you need to be aware of, or if it has been known to interact with certain foods. If you require insulin shots, your health care provider should walk you through how to properly give yourself an injection. If the thought of giving yourself a shot every day causes you to feel anxious, remind yourself that diabetic medication is necessary in order to control the disease. After time, the shots will become part of your daily routine and the process will become less stressful for you.

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It is important that you keep detailed records of your glucose levels, diet and exercise habits, medication dosages, and your day to day well being. By keeping track of this information it is helpful to narrow down the culprits of changes in your daily glucose levels. You will also find that these records will be beneficial to you when going to your doctor. A consistent record of your daily health can indicate whether or not your diabetic medication is working properly. Keeping a notebook dedicated to your diabetic records can help you better understand how your diabetes effects you, and can make you feel more in control of your health.

Once you pay closer attention to what you eat and how you treat your body, you will find that you feel less sluggish throughout the day. Regular exercise releases endorphins in your body, which make you feel more energized and content. Diabetics can live long and happy lives after being diagnosed. Though the initial diagnosis might make you feel uneasy, many diabetics find that their quality of life improves after they are diagnosed and they make necessary changes to their lifestyles.

Coping with a new diabetic lifestyle is not so difficult once you get into it and following the advice given from your

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doctor. Many diabetics have found that life is better knowing that with proper diabetic supplies and diabetic medication, the worry is basically non-existent. Visit <http://www.ValueMedical.com/> for all your diabetic testing supplies.

Diabetic Food List For Type 2 Diabetics

A diabetic food list is not like the grocery list prepared by someone to cater the kitchen needs. The right person to suggest such foods is the physician who can diagnose the case and prepare the list of diabetic foods for type 2 diabetics. Food is prime that tops the human need for energy. People know that foods can do wonders in curing certain diseases. However when it comes to diabetes, they fail to develop the right concept in choosing proper diet to help reduce blood sugar. So if you are a diabetic, you ought to be careful in choosing diabetic foods to eat whatever medication you are taking. The right choice of foods will speed up to lower the risks of diabetes.

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Unfortunately, consuming unlimited volumes of whatever one feels to have aggravates the diabetic condition. You can eat whatever you want, but you're to be within bounds on making better choices of foods for diabetes and avoiding some treats in volumes. There are lots of things to care when choosing the right type of diabetic foods to serve you to the need. You should keep close watch on what are the diets that really help you control blood sugar. However, I'm pleased to give you a simple and short list of diabetic foods for type 2 diabetes so that you are benefited anyway. Just spend a few minutes to have a glance of the following small list of diabetic foods.

Vegetables: You can consume vegetables in plenty and as much as you like. If the vegetables you choose to eat are fresh and green, the benefits will be more than what you can have from stored varieties. You have in this list Spinach, black beans, cabbage, etc. Potatoes should be excluded as they can give negative results in controlling blood glucose.

Fruits: Fruits have wonderful medicinal effects for diabetics when they eat just to the need. It's bad to take for stomach filling but can be justified if small servings are enjoyed by type 2 diabetics. There is no allowance for juices and fruits from freezers since they have no place in the list of diabetic

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foods to beat diabetes.

Grains: Grains are working well if they are whole and not broken. Wheat and oats are the best of diabetic foods to eat. Don't get to bread daily but it may be something special when you are a diabetic of type 2.

With warning symptoms of diabetes, controlling diabetes is an art with diabetes foods to eat AND diabetes foods to avoid.

Varadharajan R is the author of this article. This article can be used for reprint on your website provided all the links in the article should be complete and active.

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Understanding Diabetic Retinopathy

Diabetic Retinopathy is a form of visual impairment that

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occurs due to an increase in blood sugar levels. According to the NHS Foundation Trust, Diabetic Retinopathy is the leading cause of blindness in adults under the age of 65 in the UK. More than 13% of the people registered as blind suffer from this diabetic eye disease. Given the seriousness of the issue, the UK government has launched a national screening programme. This programme aims to detect diabetic eye disease at an early stage, so that it can be cured through vision correction treatments.

What is Diabetic Retinopathy?

Diabetic Retinopathy affects the vision by damaging or blocking blood vessels in the eyes. It particularly affects the retina, a thin layer of tissues that forms the wall at the back of the eye and is responsible for creating the sense of vision.

The space between the lens of the eye and the retina wall is filled with a transparent viscous liquid to help light travel across to the retina. During Diabetic Retinopathy, this space is blocked or damaged in a way that the retina cannot receive the incident light appropriately. This can happen due to the swelling of blood vessels, leakage of fluids in front of the

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retina or growth of new vessels inside the retina.

Stages of Diabetic Retinopathy

Diabetic Retinopathy is classified into different stages:

Mild Nonproliferative Retinopathy: In the early stages, microaneurysms emerge in the retina cells. This causes the retina cells to swell.

Moderate Nonproliferative Retinopathy: As the stage advances to the next level, the retinal nerves are blocked due to excessive swelling.

Severe Nonproliferative Retinopathy: At this stage, a majority of the retinal nerves are blocked, reducing the supply of blood in the retina. Thus, the nerves send signals to the mind for the growth of new blood vessels to compensate for the loss.

Proliferative Retinopathy: This is the final stage of the disease. At this stage, new blood vessels begin to form in the retinal wall. These vessels are not normal and their growth hampers the retina's surface as well as the viscous liquid in the front part of the retina, which aids vision. New blood vessels may leak blood into the liquid region or can cause accumulation of fluids.

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Diabetic Retinopathy: Major Symptoms

The symptoms of diabetic retinopathy start showing at a late stage. According to reports published by the National Health Services (NHS), a majority of the patients experience blurred vision due to the accumulation of fluid in front of the retina. They also experience hindrances in their field of vision. If an individual faces such hindrances, which continue to exist despite washing the eyes with water, s/he should immediately consult an ophthalmologist. Light flashes or spots are also experienced by a majority of the patients. At an advanced stage, it causes partial visual impairment and later leads to blindness.

Diabetic Retinopathy: Treatment

A range of clinical examinations, such as angiography and retinal scanning, are carried out to test the onset of Diabetic Retinopathy. Today, technology has progressed to allow the use of laser treatment to dry up fluid accumulating in the retina. Proliferative Retinopathy will take hundreds of laser burns for vision correction. The development of new vessels and bleeding in the retinal nerves can be treated through surgery.

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Timely treatment can lower the risk of blindness by almost 95%. Post-operative care should not be taken lightly. Those diagnosed with diabetic retinopathy might require eye examinations more often than usual.

Advancements in technology have led to various specialised eye treatments, such as cataract removal operations. However, prevention is always better than cure. Listed below are some general safety tips:

Go for annual eye check-ups

Maintain blood sugar levels at a moderate level

Keep blood pressure at normal levels

Ensure a diet rich in proteins and avoid fast foods

Exercise regularly

Kathryn Dawson writes articles for Immaculate about understanding eye diseases. Annual eye checkups aid in early diagnosing of any problems, and if necessary, a vision correction surgery for diabetic retinopathy and cataract removal will be required.

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