

# 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 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 balanced calorific value in the body there by preventing the


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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 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 extend in planning meals accordingly. Diabetic diet thus plays a key role in maintaining a healthier lifestyle.

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