

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 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

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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 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.

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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.

Cooking Low Calorie Meals Can Be Simple

It usually feels nice when instead of having a big meal you choose to make a meal which is light on fat and calories and savory at the same time. You won't feel bad because of all those extra calories that a massive meal entails.

But using light and delicious in the same context can sound a little suspicious to some people. However, only a little effort on your side is needed to render this attainable.

Vegetables are the centerpiece of healthy cooking. Naturally depleted in calories and superior in nutritional value, they can be easily made into meals that are surprisingly tasty. Steaming, sauteing and stir frying are the healthiest cooking ways when it comes to retaining valuable vitamins and minerals

Recipes from The Weekend Chef (<http://theweekendchef.com>)

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and maximizing flavor without adding up surplus calories.

Raw vegetables are also a big source of nourishing fiber. If you guessed that only dishes with meat in them contained protein, you were wrong. Part-skim cheeses, tofu and beans are primary alternatives, plus they are low on fat. Whatever ingredient you use, always make sure that it's fresh. This will additionally help maximize flavors.

In order to attain that original flavor, consider sauting vegetables in sherry or wine. Stay away from ingredients, which you are so used to, like salt, creams and oils, as they are all bad for your well being. Try instead using raw herbs, spices and natural vinegars. All these ingredients will enrich your recipes.

Maybe the most user-friendly but potentially elegant low fat dinners are colorful and creative salads. A rich salad, didst with chilled soup and whole-grain bread or crackers offers up a satisfying meal for people on a diet or anybody searching for a healthy, high-energy option to greasy fast food.

If you perhaps have a meat-and-potato eater over at dinner, be sure not to serve a salad with just tomato and lettuce in it. He certainly won't be eager to try it. Looks is also very important, so make sure to arrange it so that it looks tempting.

Nonetheless, don't subvert a healthy meal creation with fattening store-bought salad dressings. Make your own flavorful dressings by pureeing fresh vegetables like tomatoes, celery, bell peppers and onion and mixing them with seasoned vinegar and fresh herbs and spices.

You should also try phasing out your old habits when it comes

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to certain products which are fat-heavy. Start replacing them with their low fat counterparts. As you can see, knowledge is everything when preparing healthy meals.

There are so many ways to prepare salmon. If you visit our main dishes recipes website you will find the recipe that suits your needs.

Kids Low Calorie Snack Recipes – 15 Kids Snacks Recipes for Weight Loss

Oligospermia or low sperm count is the reason behind the inability of some men to conceive babies. Unfortunately, the causes of this condition are still to be understood. There are some hypotheses regarding the factors that lead to low sperm count. It might not be clear what's causing it, but it seems to be common knowledge what's aggravating it. Smoking and using drugs or alcohol are the number one enemies of fertility. So is overweight or underweight. Neither is good for the sperm count because it is believed that men who don't have a normal weight also have hormonal problems. Testosterone imbalances are to blame for many cases of oligospermia. Besides these, there is also the overheating of testicles that "kills" sperm. This can happen due to wearing tight underwear or due to taking frequent hot baths. Prolonged exposure to chemical substances like pesticides is also connected with

fertility in men.

Natural treatment for oligospermia or low sperm count should definitely start with identifying the factors that trigger this condition in your particular case. There are synthetic pills on the market claiming to cure oligospermia. They are mainly hormone based and they can have unpleasant side effects. It is best to go for a natural treatment based on herbs, especially ayurvedic ones. These have similar properties with hormonal pills and have the same effects, only without the side effects.

Once you know the factors that might cause oligospermia in you, you might find it easier to increase your sperm count. If you smoke or constantly drink alcohol, give up these habits. Avoid overheating of the testicles and also keep a normal weight. This is not only done by dieting, you also need to exercise on a regular basis. Herbal remedies are indeed helpful in oligospermia, but a few changes in your life style won't hurt either.

Many men don't realize that stress can prevent them from conceiving a baby. It is very important to stay calm and relaxed during the natural treatment for oligospermia or low sperm count. Otherwise, stress might reduce your sperm count even more.

Oligospermia is indeed a condition that has no other symptoms and no other disadvantages besides the fact that you can't make babies. Even if you don't consider enlarging your family right now and you don't plan to do this in the foreseeable future either, it's still good to treat it because you never know when you change your mind in what concerns your descendants.

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Peter Filinovich

The 1800 Calorie Diabetic Diet

The goals of a diabetic diet are to control your blood sugar and to normalize or to maintain your body weight. While your needs and results may vary based on your size, age and gender, the 1800 calorie diet with three moderately portioned meals and two or three snacks should accomplish this result.

First be aware of which foods provide the most nutrition. While an apple and a cookie may have the same number of calories, the apple will have more fiber, more vitamins, take longer for your body to digest and will be more filling. The cookie contains fat which your body is more likely to store rather than burn for energy. Protein found in meats, dairy products and beans is a good source of energy that your body will digest and burn more slowly compared to simple sugars. You want to be careful with most fruit juices because they contain concentrated sugar. You are better served by eating a piece of fruit and drinking a glass of water.

Next pay attention to portion size. Get a general idea about the size of a three ounce serving of meat. It may be smaller

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than what you are accustomed to eating. Also in the case of starches such as rice, pasta or potatoes make sure that you are measuring accurately as this can drastically affect the calorie content of your food. The inability to accurately measure portion size will sabotage your diet goals.

With an 1800 calorie diet it is also important to eat frequently to prevent ravenous hunger. Plan to eat a mid-morning and a mid-afternoon snack. Some people will enjoy an evening snack as well. This will not only prevent you from becoming too hungry, but it will stabilize your blood sugar. Eating the correct foods in the proper portions at the right time will help you succeed.

If you'd like to learn more about losing weight or how to lose belly fat, visit [Modern Health Secrets.com](http://ModernHealthSecrets.com) to get a free natural weight loss guide (valued at).

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