

# 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/](http://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.

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## **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.

Unfortunately, consuming unlimited volumes of whatever one

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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 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.

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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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