



Over 350,000 Free Food and 9,000 Drink 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.

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

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



Over 350,000 Free Food and 9,000 Drink Recipes

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.

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

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



Over 350,000 Free Food and 9,000 Drink Recipes

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 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.

More [Diabetic Recipe Articles](#)