

# Part 1 – Diabetic Diet Sample Simplified

Diabetes Mellitus (DM) is a silent killer. If you have family history of diabetes, or you are overweight or diagnosed with other conditions such as hypertension and heart problems. Then you are lucky enough to read this article. Your risk of acquiring diabetes mellitus is higher compared to others, but your chances of fighting this condition are greater if you instill Discipline and Motivation into your lives. If you are already diagnosed with diabetes mellitus, this is not the end of your life. Though, they say that there is no cure for diabetes mellitus, but this condition can be greatly controlled if you are seriously thinking of it also.

Read the following tips that will help you manage this dreaded condition.

## 1. Educate yourself

To reduce blood glucose we must first understand how it gets increased. Discipline and Motivation is not possible if you do not understand the condition. The more educated you are about diabetes; the more likely you are able to manage it. Information in the internet is indeed useful-though sometimes they offer “generic’ advices, it is more sensible to seek advices from the health care team. Do not rely on suggestions from your diabetic friends. The treatment of diabetes mellitus is highly individualized. Nutrition therapy, exercise and pharmacological therapy are the medical approaches in diabetes. Consult the expert for better understanding of your symptoms. Find a nutritionist to help you assist with your

diet.

## 2. Keep your weight

Nutrition, meal planning and weight control are the foundations of diabetes management. The most important objective in blood sugar control is achieving your ideal body weight based on your height. Being in shape reduces complications. Dietitians will compute your body mass index. (BMI). BMI or Quetelet index is a statistical measure which compares a person's weight and height. As I have mentioned earlier, management of diabetes mellitus is highly individualized. The meal plan will consider the patient's food preferences; lifestyle, eating preferences, usual eating times and cultural background to achieve realistic goals.

## 3. Right amount and right quality of food

Generally, almost all the food that we eat will be converted as glucose as a source of energy. However in Diabetes mellitus, production of insulin is lacking that causes elevation of blood sugar.

Diabetic diet can be complicated, however easy to manage if you want to help your self. Carbohydrates are known as major culprit in elevation of blood sugar. The plate method in controlling diabetes is simply dividing your plate into three parts;  $\frac{1}{2}$  of your plate are for vegetables;  $\frac{1}{4}$  for your protein rich foods (meat, chicken and fish) and  $\frac{1}{4}$  for the carbohydrate rich foods ( rice, bread and cereals).

There are also researches that claim that those who consume large amounts of dairy products are 70 percent less likely to develop insulin resistance. It has been noted that proteins and enzymes found in dairy products help to control blood

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sugar by slowing the conversion of foods to glucose. It is advisable to consume low fat dairy products than full fat dairy products because of the high amount of saturated fats. Saturated fats are fats known to increase the bad cholesterol level in the blood which can complicate things further.

### 3. Small frequent feedings than large meals

Small frequent feedings reduces food cravings than 3 large meals. To control effects of hypoglycemia and hyperglycemia, it is best to eat every 3 or 4 hours to avoid decreasing sugar level which can result to overeating, which in turn results to spikes in blood sugar.

### 4. Don't skip breakfast

Breakfast is the most neglected meal of the day. Only few realizes the importance of taking in breakfast which perks us up throughout the day. Diabetics often experience elevated blood sugar upon arising, either from insufficient levels of insulin. However, eating breakfast helps in controlling weight which is essential in management of diabetes.

### 5. Beverage Drinks

It is best to consume less of drinks that causes spike in sugar levels. A 100 ml of cola drinks contains 5 teaspoons of sugar. Be merciless on beverages that contain sugar. Colas and coffee makes you feel thirstier. Nothing can replace water. Drink at least 8-10 glasses of water.

### 6. It pays to check the labels

Glycemic index are also used by the dietitian in panning menu for diabetics. Foods low in glycemic index means carbohydrates

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which has lesser impacts on elevation of blood sugar. Foods that are naturally low in glycemic index are fruits and vegetables, whole grains, oats and legumes. Refrain from foods made up of refined sugars such as donut, pretzels and potatoes.

7. Green tea helps.

Green tea speeds up our metabolism. Polyphenols, a naturally occurring substance in green tea triggers the release of norepinephrine which makes us burn calorie faster.

It also suppresses our appetite that helps reduce our food cravings.

See related topic: " Diabetic Diet Plans " – a combination and balancing of nutritious foods that will help to use these foods for energy needs more efficiently.

By Jose Felipe Abrigo – Contributing writer for HealthyandLiving.org – Reverse Diabetes Permanently

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## Diabetic Menu Sample

To help learn how to prepare a diabetic menu, you can find diabetic menu samples all over the internet, as well as from a dietitian, from your endocrinologist etc. The information is easily available and all you have to do is search for it.

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Diabetes is a serious disease and should be taken seriously. A diabetic menu should not be very different than what you were supposed to be eating, prior to the diagnosis, if you were eating healthy. Make sure to consult with your endocrinologist to determine how they recommend for you to control your diet. Some endocrinologists do want you to count fats, proteins and so on and others only want you to count your carbohydrate intake. Your diabetic diet and menu sample should be developed after you find out this information.

### A Sample Menu

Whenever you change your diet you should notify your physician so that they know what it is that you are changing, and they can account for the changes in your health/blood sugar levels. To begin with, a diabetic diet should be low in sugar, of course. This does not mean that you cannot eat a candy bar, you can only allow yourself to have one every so often and make sure to account for it in your daily intake. Your diabetic menu should also be high in proteins and proteins help your body to maintain its blood sugar levels.

A diabetic menu sample would normally consist of 1800 calories per day and when divided out will be 50% starches, 30% proteins and 20% fat. Obviously you will need to learn how to read nutrition labels and how to measure proportions properly so that your count will be accurate. By following this diet, you will help to keep your blood sugar levels more under control and in turn, your health will become better.

With breakfast include: one meat, 2 fruits, two breads, two fats, one milk and one free food. A sample would be: one slice of toast, one egg (soft cooked), 2/3 cup of juice,  $\frac{1}{2}$  cup of oatmeal, one cup of skimmed milk and tea or coffee.

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With lunch include: two meats, two breads, one vegetable, two fruits, two fats and a free food. For example you could have: two pieces of bread,  $\frac{1}{2}$  cup of tuna, 1 cup of mixed fruit,  $\frac{1}{2}$  cup of tomatoes, a tsp of margarine and a cup of tea with lemon.

With supper include: three meats, two breads, two fats and one raw vegetable. For example, this could be something like: 3 ounces of oven baked chicken, a slice of bread,  $\frac{1}{2}$  cup of mashed potatoes and a tossed salad with 1 tsp of salad dressing.

Just remember to keep your caloric intake at 1800 per day. To get some different ideas about what you can eat, consult a dietician, a diabetic cookbook or simply do a search on the internet. This is just a diabetic menu sample; so remember, that you can adjust to suit your needs as long as you follow the basic guidelines.

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