


## DIABETES: FOOD & NUTRITION

**Dr. Pratibha Pal, Assistant Professor**

Department of Home Science

Gandhi Satabdi Smarak P.G. College, Koilsa, Azamgarh, U.P.

 [Ppal0875@gmail.com](mailto:Ppal0875@gmail.com)

### Abstract

*For this reason, therefore, managing type 2 diabetes means taking only recommended foods, preferably, only at waking times such as daytime. On the other hand, the diet plan proposes the intake of low fat food of fruits, vegetables, whole grains and REQ calories. These are plans of your dietary structure, and the healthy eating pattern is good for people of a certain age as well as people of a different age group on the population pyramid, these people should be humble of this. Therefore, patients are able to plan low calorie diet with some of the foods they fancy in the diet they decide to include in their diet from professional dietitians. It allows the body to request the normal insulin degrees again in the therapy procedure. Second, the dietitian has to explain to the patients what should be taken from the foods based on the level of exercises he suggest to them perform. About 90 to 95 per cent of time the current description of diabetes mellitus is being taken for granted that this is as a result of the body tissues failure to respond to insulin. The disease comes up relatively late, as healthcare service providers diagnose it well into adulthood after years, but doctors inform the patient about it often in their teenagehood, and the patient has to track the blood sugar levels at least once, since sometime the disease is not done. The methods of prevention of the type two diabetes are well known – proper dieting and exercise, but one of them is to lose weight.*

**Keywords:** Diabetes, Dietitian, Balanced Diet, Heart-healthy, Alcohol, Saturated Fats

### Introduction

Bad control of blood glucose causes complications of the disease and when dieting becomes normal and healthy, it also makes bad control of blood glucose, and this is a mitigation of the complicating factors as a result of diabetes. Therefore, in terms of how the patient's health concern and what the patient has achieved in terms of this goal, the patient only needs to change the weight loss part of the diet plan. In addition to that, it also includes procedures pertaining to the deployment of very high glucose foods on the basis of medical advice aside from employing persistency of diabetes type 2 based models. Moreover, these fruits order you against two diseases - cancer and heart disease and are a part of the group of food groups having adequate fibre. The first step towards permissible breakthrough bone in diet progress is short fat elimination, and every diabetic patient must be advanced to shape sound dishes that can be arranged by a group of

diabetologists and dietician suited to the regular and ideal state of each diabetic patient. When you carry on helping yourself on these health problems by doing them in accordance with specific diet plans, then it will be of least help on how to yield a perfect response or an answer to the issue of blood sugar levels.

### **Foods to Avoid for Better Diabetes Management**

This is because people who have diabetes have further progression of blocked arteries and further stiffening of their arteries faster than a person without diabetes. And staying away from these certain foods at the same time is needed to safeguard heart health, simultaneously with glucose management. Saturated fats raised in the body—such as those in high fat dairy items, animal sources and butter and beef— and tropical oils (coconut and palm kernel oil) along with hot dogs and sausages and bacon products—must be limited in the persons diet because they increase cholesterol levels in the body. If you have heart disease risks with inflammation, trans fats in the processed snack and shortening and stick margarine and baked goods are something you need to be off them completely. However, consumers should take full-fat dairy and fatty parts of meat but must limit to the portion with less than 200 milligrammes of cholesterol per day. A diet that is high in sodium has been linked to higher than recommended levels of blood pressure and create heart strain, resulting in the advice from healthcare professionals to patients to eat amounts of sodium even less than they should during each day.

Conditions for diabetes prevention occur when the standards of correct life habit maintenance are implemented. Bodyweight resistance training also enables anti-gravity movement exercises with simple works out even in home and travel usage. These physical exercises when used together dissolve body fat by using glycerin to lower the blood sugar after large portions of food. Both physical exercise along with appropriate nutritional practises form essential elements that combined create successful diabetes management. The use of many different food group can fully satisfy all nutritional requirements. Specific meal plans are based on dietitian created foundation of health condition and portion needs for people. Limitating diets in both the sugar and carbohydrate that is present in sweet foods is advisable for people who need diabetic management. People need to drink water while consuming plain tea or silk milk without sugar and fruits because selection of sugary drinks or sweet desserts is against that of proper nutrition.

Jellies, ice creams or chocolates and cakes will fuel the blood sugar levels of diabetes patients up very quickly. However, in diabetics, rice and other food rich in carbohydrates like noodles

and potatoes and yams and corn should be restricted as their blood glucose response is high. For patients with diabetes, they need to eat their food evenly every day, and choose the brown rice or wholegrain/wholemeal bread for constant blood sugar absorption. But it still remains essential to consult with a dietitian as eating patterns and quantity of food will vary per person.

In fact, fruits are vital to the diabetic diet as through it, they provide vital minerals, essential vitamins, antioxidants and healthy fibre content. Eating these foods two servings per day is healthy but having this distributed across different times of the day can be best practised. Fruits and fruit juices are good to be consumed sparingly and a carefully selected diet must be followed by a diabetic person so that he can enjoy a fuller life by consuming mildly sweet fruits and fresh fresh fruits instead of fruit juices while canned fruits with syrup with high sugar content and dried fruits should be consumed only sparingly.

A high amount of fat in the diet affects the insulin function of individuals with type 2 diabetes. And meat should not have its visible fat portions and no more than little oil should be put into the cooking process. Deep frying should be replaced with steaming and boiling, and boiled with grilling, but deep frying should be only used two times per week. The leanest and skinless meat products, low fat products such as skim milk and fat free yoghurt should be preferred by type 2 diabetes patients. Consequently, attention should be paid to health positive cooking oils that contain polyunsaturated fats (e.g., corn and soybean oil) and monounsaturated fats (e.g., olive and canola oil), and to which will stem improvement in health outcomes and diabetes stealth.

### **Moderate Your Alcohol Intake**

People with controlled blood sugar, may have the option to consume alcohol. Triglyceride suffers, along with people having problems with heart and kidney disease, should completely abstain from the intake of alcohol. The standard alcoholic drink is 10 grammes of alcohol that is the same as 100 millilitres of wine and about two-thirds the amount of a 220 millilitre can of regular beer. Medical experts suggest that people don't have too much alcohol than one standard drink a day. Mixers for alcohol should be Diet sodas and water as these prevent unhealthy blood sugar from creating after sums of alcohol.

### **Moderate Your Alcohol Intake**

If your blood sugar is well managed, then only getting alcohol should be looked at. However, those who have high triglyceride levels, kidney problems, or the condition of the heart must strictly avoid it. There are roughly 10 grammes of alcohol in a standard alcoholic drink, which is around 100 millilitres of wine, or about two out of every third 220 millilitre can of regular beer. Daily intake is recommended not to exceed no more than one standard drink. Also, when consuming alcoholic beverages, always use sugar-free mixers like water or diet sodas in order to avoid these unnecessary spikes in the blood sugar levels.

### **Conclusion**

The elevated blood sugar levels of diabetes are persistent creating damage of the organ systems in the human body. Poor insulin production along with inefficient utilisation of the insulin is the main reason behind diabetes. There are different effects that diabetes has on patients in each type of diabetes. Once blood sugar becomes too high, and too abnormal, it will be a chronic diabetes for you life. Too much urination and unexpected weight reduction with vision blurring, and persistent tiredness, and extraordinary craving and drinking is the main indications of diabetes. It is common for women with a diabetic condition to have yeast infections and vaginal dryness and urinary tract infections. In addition, for gönahant females gestational diabetes is a form of the condition.

However, prolonged diabetes without being controlled, can lead to major medical consequences that influence almost every part of the body. In addition to dementia and various skin problems and listening to and seeing things that are not really there, uncontrolled diabetes is linked with conditions that include kidney failure as well as heart attack or stroke. For effective management of diabetes, a person is always required to be vigilant with both routine day to day activities and food. Patients on a healthy diet that combines all the food groups can keep their blood sugar levels stable. The power foods with low glycaemic index aid in controlling the blood sugar levels. However, these specific foods offer a practical way to achieve sustainable better health as the core of diabetes management is still medical treatment. To attain better health management towards diabetes is to practise disciplined lifestyle, eat mindful meals as well as routine medical checkups.

### **References**

1. American Diabetes Association Professional Practice Committee. (2019, January). Standards of medical care in diabetes—2016. *Diabetes Care*, 42(Suppl 1), S46–S60. <https://doi.org/10.2337/dc19-S005>
2. Bashier, A., Bin Hussain, A., Abdelgadir, E., Alawadi, F., Sabbour, H., & Chilton, R. (2019). Consensus recommendations for management of patients with type 2 diabetes mellitus and cardiovascular diseases. *Diabetology & Metabolic Syndrome*, 11, 80. <https://doi.org/10.1186/s13098-019-0476-0>
3. Chandalia, M., Garg, A., Lutjohann, D., von Bergmann, K., Grundy, S. M., & Brinkley, L. J. (2000, May). Beneficial effects of high dietary fiber intake in patients with type 2 diabetes mellitus. *The New England Journal of Medicine*, 342(19), 1392–1398. <https://doi.org/10.1056/NEJM200005113421903>
4. Evert, A. B., Dennison, M., Gardner, C. D., Garvey, W. T., Lau, K. H., MacLeod, J., et al. (2019, May). Nutrition therapy for adults with diabetes or prediabetes: A consensus report. *Diabetes Care*, 42(5), 731–754. <https://doi.org/10.2337/dci19-0014>
5. Franz, M. J., Bantle, J. P., Beebe, C. A., Brunzell, J. D., Chiasson, J. L., Garg, A., et al. (2002, January). Evidence-based nutrition principles and recommendations for the treatment and prevention of diabetes and related complications. *Diabetes Care*, 25(1), 148–198. <https://doi.org/10.2337/diacare.25.1.148>
6. Mayo Clinic. (n.d.). *Diabetes diet: Create your healthy-eating plan*. <https://www.mayoclinic.org/diseases-conditions/diabetes/in-depth/diabetes-diet/art-20044295>
7. HealthHub SG. (n.d.). *Diabetes mellitus – Basic dietary guideline*. <https://www.healthhub.sg/a-z/diseases-&-conditions/661/diabetes-mellitus-basic-dietary-guideline>
8. Schwartz, S. E., Levine, R. A., Weinstock, R. S., Petokas, S., Mills, C. A., & Thomas, F. D. (1988, December). Sustained pectin ingestion: Effect on gastric emptying and glucose tolerance in non-insulin-dependent diabetic patients. *The American Journal of Clinical Nutrition*, 48(6), 1413–1417. <https://doi.org/10.1093/ajcn/48.6.1413>
9. Meng, Y., Bai, H., Wang, S., Li, Z., Wang, Q., & Chen, L. (2016, September). Efficacy of low carbohydrate diet for type 2 diabetes mellitus management: A systematic review and meta-analysis of randomized controlled trials. *Diabetes Research & Clinical Practice*, 131, 124–131. <https://doi.org/10.1016/j.diabres.2017.07.006>