



Indian Dietetic Association

DIABETES

What is diabetes?

Diabetes is a metabolic disease wherein blood sugars remain high, due to either inadequate insulin or insulin resistance (insulin becoming ineffective in its action). There is no cure but it can be managed with diet and lifestyle modifications. In many cases, patients may require medications or insulin. Right selection of foods helps to maintain not only blood sugars but also weight and blood lipids (cholesterol and triglycerides).

Proper diet for diabetes

There is nothing like a separate diet for diabetes. It is based on the same principles of daily food intake, with greater emphasis on certain foods and less emphasis on other foods.

Also, in a diet for person with diabetes there is an emphasis on freshly cooked homemade foods, rather than highly processed, ready to eat homemade (like chakli, chivda, etc) or ready to buy foods.

Exercise for diabetes

Regular physical activity is important in management of blood sugars. Simple exercises like regular walking for 30 to 60 minutes per day helps to manage sugar levels. Along with control of blood glucose, physical activity has many other benefits such as improved heart health, bone health, better muscle mass, and most importantly exercise leads to the secretion of endorphins (feel good/happy hormones).

Meal timings

It is important for an individual with diabetes to eat at regular intervals to avoid spikes or valleys in blood sugar management. This is especially important for individuals who are on only life style management program and/or use pharmacological therapy.

DISCLAIMER

This document is for information purpose only. It acts as a basic guideline for Diabetes. For specific and individual dietary advice and meal plans, please consult a qualified dietitian/nutritionist.

Features for diet in diabetes

- Emphasize protein foods: Try to include a protein source in every meal that you eat. Proteins come from dals, sprouts, milk and milk products, non-veg foods like fish, chicken, egg.
- Choose carbohydrates from complex sources—eat whole grains like wheat, millets (jowar, bajra), brown rice, potatoes and sweet potato in limited quantities rather than their refined counter parts like maida (refined wheat flour), suji (semolina), rice, poha (rice flakes), etc.
- Eat plenty of non-root vegetables, green leafy vegetables, gourds, beans etc in form of salads, raitas, subzis (cooked vegetables).
- Eat 1-2 fruits a day with emphasis on less sweet fruits such as apple, pear, pomegranate, peach, plum.
- Include nuts and oilseeds in your diet like peanuts, almonds and pistachio.
- Use limited amount of oil while cooking. Preferably use a combination of oils for cooking.
- Avoid foods which have sugar, jaggery, honey, sago (sabudana), refined wheat flour (maida).
- Use plate method to serve the food . $\frac{1}{4}$ of the plate each – raw vegetables, cooked vegetables, proteins and carbohydrates.

Plate Method

Raw
vegetable:
salad,
raita,
koshimbir



Protein:
dal, sprouts,
non-vegetarian
foods or dairy
products such
as paneer, curd

Cooked
vegetables:
subzi, tarkari,
bhaji



Carbohydrates:
roti, phulka,
rice, pulao,
biryani, potato,
sweet potato,
raw banana