



## A B C D 'S TO PREVENT DIABETES COMPLICATIONS

**A** Is for the A1C test ; < 7%

**B** Is for blood pressure ; < 120/80mmhg

**C** Is for cholesterol levels; LDL < 100mg/dl

**D** Is for Diet Modification; Moderate CHO, Low fat and Calorie, Protein rich



## DIETARY INTERVENTION

- Choose healthy carbohydrates from whole grains in moderate quantity
- Include more good quality proteins such as egg, beans, low fat dairy
- Prefer good fats from nuts, seeds & fish
- Select locally available vegetables, the more colourful the better
- Alter cooking methods to a healthy choice
- Choose high fiber - slow release carbs
- Avoid processed grains, foods containing trans fats, and soft drinks
- Spot hidden sugar in packaged foods
- Always read food labels to keep eye on fat, sugar and salt content

### MYTHS AND FACTS ABOUT DIABETES DIET

MYTH	FACTS
You have to cut away carbohydrates	The type of carbohydrate and serving size is the key. Focus on whole grain carb and high fiber foods.
You will need special diabetic diet	Special expensive foods may not benefit you. A dietician can bring the principles of diabetic diet into your home menu.
A high protein diet is the best	Balanced diet is important. A healthy diet includes all nutrients in correct proportion.
You must avoid sugar completely	Doesn't have to be off limits as long as its a part of healthy diet. Slowly reduce sweets - give a little time for taste buds to adjust.

### MY PLATE FOR DIABETES

A plate plan guides for what and how much to eat to get the nutrition and to keep the blood sugar levels normal

#### START WITH A 9-INCH DINNER PLATE :

- Fill half with non-starchy vegetables  
Try variety of salads daily
- Fill one quarter with a lean protein, such as fish, chicken, beans, tofu, or eggs
- Fill a quarter with a whole grain or starchy food.
- Choose low fat dairy
- Stay Well Hydrated
- Choose low fat cooking methods like grilling poaching and steaming

### PLATE METHOD HELPS YOU CONTROL PORTION SIZES



### WORK WITH YOUR DIETITIAN TO CREATE A HEALTHY EATING PLAN AND TO MAKE IT EASIER TO EAT WELL

Reference : 1. <https://www.niddk.nih.gov/health-information/diabetes/overview/managing-diabetes> 2. <https://www.idf.org/aboutdiabetes/complications.html>  
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 4. <http://www.authorstream.com/Presentation/VipulSrivastava-4050435-myth-facts-diabetes/>  
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