



## DIETARY ADVICE IF YOU HAVE DIABETES

Maintaining a healthy diet is crucial for managing diabetes and preventing complications. This guide complements our “How to Improve your Diet” guidance

### ✔ **Balanced Plate**

Creating a balanced plate is essential. Aim for a mix of lean proteins, whole grains, healthy fats, and plenty of non-starchy vegetables. This helps regulate blood sugar levels and provides a variety of essential nutrients.

### ✔ **Carbohydrate Management**

Monitor carbohydrate intake to control blood sugar. Choose complex carbohydrates like whole grains, legumes, and vegetables, as they have a lower impact on blood glucose levels. Limit refined carbohydrates, sugary snacks, and beverages.

### ✔ **Portion Control**

Be mindful of portion sizes to avoid overeating. Smaller, frequent meals can help stabilize blood sugar levels throughout the day. Use measuring tools or visual cues to gauge appropriate portions.

### ✔ **Fibre-Rich Foods**

Incorporate high-fibre foods into your diet. Fibre slows down the digestion and absorption of carbohydrates, helping to manage blood sugar. Include whole grains, fruits, vegetables, and legumes in your meals.

### ✔ **Lean Proteins**

Choose lean protein sources such as poultry, fish, tofu, and legumes. Protein helps maintain muscle mass and keeps you feeling full, reducing the temptation to overeat.

### ✔ **Healthy Fats**

Include sources of healthy fats, such as avocados, nuts, seeds, and olive oil. These fats support heart health and provide a steady source of energy without affecting blood sugar levels.

### ✔ **Limit Saturated and Trans Fats**

Reduce intake of saturated and trans fats, commonly found in processed and fried foods. Opt for healthier cooking methods like baking, grilling, or steaming instead of frying.

### ✔ **Hydration**

Stay well-hydrated with water or other non-caloric beverages. Limit sugary drinks and alcohol, as they can affect blood sugar levels and contribute to weight gain.

### ✔ **Regular Meal Timing**

Establish a consistent eating schedule. Spreading meals and snacks evenly throughout the day helps regulate blood sugar and prevents extreme fluctuations.



## ✔ Monitor Blood Sugar Levels

Regularly check blood sugar levels to understand how different foods affect your body. This information can guide adjustments to your diet and help maintain optimal control.

## ✔ Physical Activity

Combine a healthy diet with regular physical activity. Exercise helps improve insulin sensitivity, lower blood sugar levels, and contributes to overall well-being.

Consistency is key in managing diabetes through diet. Understand that achieving and maintaining stable blood sugar levels may take time. Be patient and make gradual, sustainable changes to your eating habits.

## In conclusion

A well-rounded approach to nutrition plays a crucial role in managing diabetes. By focusing on a balanced plate, carbohydrate management, portion control, and other key principles, individuals with diabetes can enjoy a healthy and fulfilling lifestyle while effectively managing their condition.

## CONTACT

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## 💡 Ideas for Snacks for Diabetics

Good snacks for individuals with diabetes should ideally be balanced, providing a combination of carbohydrates, protein, and healthy fats to help stabilize blood sugar levels and promote satiety. Here are some examples:

**Apple slices with peanut butter:** This combination offers a mix of fibre, carbohydrates, and protein, which can help keep blood sugar levels stable.

**Greek yogurt with berries:** Greek yogurt is rich in protein and low in carbohydrates, while berries are low in sugar and high in fibre, making this a nutritious and satisfying snack.

**Carrot sticks with hummus:** Carrots are a low-GI vegetable, and hummus provides protein and healthy fats, making this a nutritious and filling snack.

**Nuts and seeds:** A small handful of almonds, walnuts, or pumpkin seeds can provide healthy fats, protein, and fibre, helping to keep blood sugar levels steady.

**Cheese with whole grain crackers:** Pairing cheese with whole grain crackers provides a balance of protein, fat, and carbohydrates, making it a satisfying and nutritious snack option.

**Hard-boiled eggs:** Eggs are rich in protein and healthy fats, making them a great snack choice for individuals with diabetes.

**Cottage cheese with pineapple:** Cottage cheese is high in protein and low in carbohydrates, while pineapple provides natural sweetness and fibre, making this a tasty and balanced snack.

**Avocado toast on whole grain bread:** Avocado is rich in healthy fats and fibre, while whole grain bread provides complex carbohydrates. This combination makes for a delicious and filling snack.

**Vegetable sticks with guacamole:** Guacamole made from mashed avocado and spices is rich in healthy fats and fibre, and when paired with vegetable sticks like cucumber, bell pepper, or celery, it makes for a nutritious and satisfying snack.

**Edamame:** Edamame (young soybeans) is a good source of plant-based protein and fibre, making it a nutritious and low-carb snack option for individuals with diabetes.

These snack options provide a balance of nutrients and can help individuals with diabetes manage their blood sugar levels while satisfying hunger between meals. It's important to monitor portion sizes and choose snacks that fit into an overall healthy eating plan.