

# DIABETES



## **Symptoms of Diabetes**

*Extreme thirst and hunger*

*Frequent urination*

*Sores or bruises that heal slowly*

*Dry, itchy skin*

*Unexplained weight loss*

*Unusual tiredness or drowsiness*

*Tingling or numbness in the hands or feet*



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Many of the foods that you eat are normally converted into a type of sugar called glucose during digestion. The bloodstream then carries glucose through the body. The insulin then turns glucose into quick energy or is stored for further use.

In diabetic people, the body either does not make enough insulin or it cannot use the insulin correctly. This is why too much glucose builds in the bloodstream.

## There are two types of Diabetes

Type 1 Diabetes (Insulin dependent) and

Type 2 Diabetes (Weight Management dependent).

**Type 1** - This is popularly known as Juvenile Onset Diabetes.

Here, the body produces little or no insulin. It occurs most often in childhood or in the teens and could be inherited.

People with this type of diabetes need daily injections of insulin. They must balance their daily intake of food and activities carefully with their insulin shots to stay alive.

**Type 2** - Diabetes is a medical condition described by elevated fasting sugar or post prandial (during or relating to the eating of food) sugar levels which could lead to secondary complications in other organs such as the heart, kidney, foot and eyes.

Also known as Adult Onset Diabetes. Type 2 Diabetes is more common, it accounts for about 80 per cent of the diabetics.

Type 2 diabetes is usually triggered by obesity. The best way to fight it is by weight loss, exercise and dietary control.

## Diet - Do's and Don'ts for Diabetes

### 1. Eat at regular intervals

Eating at regular intervals helps keep the sugar levels consistent and avoids hypoglycemia (deficiency of glucose in blood stream)

### 2. Replacing simple carbohydrates with the complex one

Replacing simple carbohydrates such as ( rice, white bread, white pasta, maida) with complex carbohydrate foods such as wheat , oats, bajra, jowar etc. would help avoid rise in the sugar levels.



### 3. **Opting for low-carbohydrate meal**

Opt for a low- carbohydrate meal consisting of roti, vegetable, salad, egg whites or skim paneer.

### 4. **Protein + fiber = accelerated metabolism**

It is advisable to eat either one portion of protein (skim milk products, chicken, fish, egg whites) and a portion of fibre (vegetables, fruits, salads) or Omega 3 fats (fish, flax seeds, chia seeds walnuts) in each meal to help accelerate metabolism and promote fat loss and thereby effective sugar control.

### 5. **Exercise daily**

It is important to incorporate exercise into daily lifestyle (45 minutes/ per day) to maintain sugar levels and induce fat loss and maintain levels.

### 6. **Monitor using glucometer**

Regular checks on the glucometer are most effective way to monitor the daily food intake and its effect on the sugar levels to determine the right food options for diabetics and the options to be restricted or minimized due to their effect on the sugar levels.

### 7. **Lose weight**

Controlling or losing weight is the most effective and guaranteed way to manage diabetes.

**Whether Type 1 or 2, diabetics need a balance of diet and exercise.**

Diabetes management through dietary intervention is the most effective way to help the body combat and control diabetes along with necessary medication. It is never too late to make the change.

People with type 2 diabetes have to eat smart to keep blood sugar in a safe range. A healthy diet especially the one that keeps the weight reduced, can also help minimise the need for medications in people with type 2 diabetes.

### **Vegetables**

**Do eat:** Spinach, tomatoes, cucumbers, broccoli, cauliflower - They're packed with nutrients and low in carbohydrates, which your body quickly breaks down into glucose.

**Avoid:** Fried vegetables – they add extra calories, carbs and fat.



## Starches

**Do eat:** Whole-wheat bread, brown rice, and oats. Whole-grain starches give you more vitamins, minerals, and fiber than white or refined versions. They're also less likely to lead to rapid spikes in blood sugar.

**Avoid:** White bread, chips, and pastries, which quickly increase blood sugar.

## Fruits

**Do eat:** Small servings of peaches, apples, oranges, berries, kiwi and other fruits. Fruit is a low-calorie, high-fiber, nutrient-rich source of carbohydrates.

**Avoid:** Jellies and fruit juices with added sugar.

## Dairy

**Do eat:** Unflavored and low-fat yogurt, milk, and cheese. Low-fat dairy gives you protein, calcium, vitamins, and minerals in every serving.

**Avoid:** Full-fat dairy products. They come with extra calories and saturated fat, which raises LDL (low-density lipoprotein) or "bad" cholesterol. Remember diabetes increases the risk of heart disease.

## Protein

**Do eat:** Skinless poultry, fish, tofu, beans.

**Avoid:** Fatty cuts of meat and processed meat

The information given is for education purpose.  
It is advisable to consult a doctor and dietician

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