

Healthy Living With Diabetes!



Diet + Lifestyle Modification


- 1 Eat Healthy, balanced diet. Have short frequent meals 2-3 hours. Meal timing are important
- 2 Do not skip meals
- 3 Do not Fast or Feast

Avoid fruit juice as lack fiber, sweet drinks, Coconut Water



Vegetables:

Potato, Beet, Carrot, Corn 

Prefer complex carbohydrate like whole grain cereals, raisins, whole fruits & vegetables as rich in carbohydrates & low glycemic index. 

Oils :

Do not consume more than 3 tsp oil per day.
Rice bran oil, groundnut oil or based in ethnicity.
Low intake of butter, ghee, paneer & mayonnaise.

FRUITS



Mango



Banana



Chiku



Custard Apple



Grapes



Watermelons



Papaya



Muskmelon



Oranges



Pomegranate



Guava



Apple



Pear

Avoid:

1. Cold drink, Ice-cream, chocolates, rich creamy deserts, junk food, pastries, jelly.
2. Avoid refined flour (maida) products like breads, khara toast, biscuits as they increase sugar.
3. Avoid simple sugar like jaggery and honey.
4. Low calorie sweetener containing sucrose can be used in limited quantities.

Exercise

1. Exercise regularly or walk 45 minutes daily as per Physician advice.
2. Don't smoke, limit alcohol consumption.
3. Sleep in time & for at least 6-8 hrs / day at night

