

Understanding Diabetes and Nutrition

A person is diagnosed as diabetic when their body cannot use insulin properly or produce enough of it. This causes high blood sugar levels.

By creating a Diet Chart For Diabetes, you can:

- Improve blood glucose control*
- Reduce risk complications*
- Maintain healthy weight*
- Decrease medication requirements*



Key Nutrients for a Diabetic Patient

Listed below are the essential components of a diabetic-friendly diet:

- Carbohydrates affect blood sugar more than any other nutrient. However, not all carbs are the same.*
- Carbs include other types of food, like complex carbohydrates found in whole grains, legumes, and some vegetables (fibre).*
- They are slowly digested, leading to a gradual sugar spike.*
- Common sources are simple carbohydrates (bad carbs), such as white bread, sugary snacks, or soft drinks, which can rapidly spike blood sugar.*
- Protein is important for tissue growth.*
- They also provide energy and repair muscles, which keeps you satisfied longer.*
- Proteins (as a group) don't increase blood sugar aggressively.*
- Fats are necessary for overall health, and you must select the appropriate fats. Good fats are the monounsaturated and polyunsaturated types found in nuts, seeds, avocados, and fatty fish.*
- Vitamins and Minerals are important in diabetes control. Diabetics especially need chromium, magnesium, vitamin D, and B-complex*

Foods to Eat During Low Carb Intake Diet

- *Vegetables are always a good idea. You can go for green vegetables like spinach, beans, and more.*
- *Food items with good fats, including avocados, olives, and more.*
- *You can also eat fruits but only in moderation because they have natural sugar in them, which can increase the body's blood sugar levels.*
- *Lean protein is really good for this diet. Some food items that offer the same include tofu, nuts, eggs, fish, etc.*
- *Besides that, here are some food items that you should avoid if you are planning to follow this diet.*
- *Foods to Avoid During Low Carb Intake Diet*
- *All the sugar-rich foods are a big NO, including cakes, candies, cookies, juices, pastries, sodas, and more.*
- *Do not indulge in junk food as it has a lot of oil and grease, which are rich in carbs.*
- *Processed and packaged food items, including salty snacks and sugary drinks, must also be avoided at all costs. This is not a healthy idea even if you are not following this diet because it can instantly spike your blood sugar levels.*
- *Alcoholic beverages are also a NO.*
- *Starchy vegetables like potatoes are also not advisable.*
- *Food items that have starches, including white bread.*

Common Mistakes to Avoid

- *When a food is considered healthy, it is not good for a person to eat in large amounts.*
- *Neglecting Nutritional Labels: Most people control their diets better after obtaining a clear comprehension of the nutritional labels on the foods they consume.*
- *Skiping Meals: Most people think not eating meals helps them manage their sugar levels, but this is wrong.*



Your Health Matters

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**-Dt.Indumathi,
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Diabetes Food Guide



EAT

- WATER
- UNSWEETENED TEA (BLACK, GREEN, CHAMOMILE)
- OLIVE OIL
- AVOCADO
- CHIA SEEDS
- FLAXSEEDS
- ALMONDS (UNSALTED)
- WALNUTS
- BOILED EGGS
- GRILLED CHICKEN BREAST
- SALMON
- TOFU
- GREEK YOGURT (UNSWEETENED)
- LOW-FAT COTTAGE CHEESE
- BROCCOLI
- ZUCCHINI
- SPINACH
- CAULIFLOWER
- STRAWBERRIES
- BLUEBERRIES
- KIWI
- CHERRIES
- GREEN APPLE (SMALL PORTION)
- QUINOA
- BARLEY
- STEEL-CUT OATS
- LENTILS (SMALL PORTION)

LIMIT

- BANANA (RIPE)
- GRAPES
- PINEAPPLE
- ORANGE JUICE (SMALL GLASS)
- MANGO
- WHOLE GRAIN BREAD
- BROWN RICE
- BUCKWHEAT
- WHOLE WHEAT PASTA
- COUSCOUS
- SWEET POTATO
- PEAS
- CARROTS (COOKED)
- CORN
- MILK (LACTOSE)
- PEANUT BUTTER (WITH SUGAR)
- DARK CHOCOLATE (70%+, SMALL AMOUNT)
- DIET SODA
- SUGAR-FREE SNACKS (CHECK INGREDIENTS)

GOAL - CONTROL PORTIONS TO AVOID BLOOD SUGAR SPIKES.

AVOID

- WHITE BREAD
- WHITE FLOUR PASTA
- SUGARY CEREALS
- PANCAKES
- WAFFLES
- CAKES
- COOKIES
- PASTRIES
- REGULAR SODA
- CANDY
- ICE CREAM
- SWEETENED COFFEE DRINKS
- DATES
- RAISINS
- FIGS
- WATERMELON
- CANNED FRUIT IN SYRUP
- VEGETABLE CHIPS
- POTATOES (FRIED OR MASHED WITH BUTTER)
- SWEETENED YOGURT

GOAL - AVOID HIGH-GLYCEMIC, SUGAR-LOADED, AND REFINED FOODS.

Your Nutrition Plan



What is the Glycemic Index and Why it Matters

Glycemic index food list can help you control your blood sugar level and they should make up most of your diet when you have diabetes. Select Low Glycemic foods.

GI and GL for Common Foods

Food	GI	Serving Size	Net Carbs	GL
Peanuts	14	4 oz (113g)	15	2
Bean sprouts	25	1 cup (104g)	4	1
Grapefruit	25	1/2 large (166g)	11	3
Pizza	30	2 slices (260g)	42	13
Lowfat yogurt	33	1 cup (245g)	47	16
Apples	38	1 medium (138g)	16	6
Spaghetti	42	1 cup (140g)	38	16
Carrots	47	1 large (72g)	5	2
Oranges	48	1 medium (131g)	12	6
Bananas	52	1 large (136g)	27	14
Potato chips	54	4 oz (114g)	55	30
Snickers Bar	55	1 bar (113g)	64	35
Brown rice	55	1 cup (195g)	42	23
Honey	55	1 tbsp (21g)	17	9
Oatmeal	58	1 cup (234g)	21	12
Ice cream	61	1 cup (72g)	16	10
Macaroni and cheese	64	1 serving (166g)	47	30
Raisins	64	1 small box (43g)	32	20
White rice	64	1 cup (186g)	52	33
Sugar (sucrose)	68	1 tbsp (12g)	12	8
White bread	70	1 slice (30g)	14	10
Watermelon	72	1 cup (154g)	11	8
Popcorn	72	2 cups (16g)	10	7
Baked potato	85	1 medium (173g)	33	28
Glucose	100	(50g)	50	50