

1 teaspoon / 1 serving of

- margarine or butter
- oil
- mayonnaise

Increase your physical activity

- Build time for physical activity into your daily routine.
- Try to be active most days of the week.
- Walk whenever you can, instead of taking the car.
- Start slowly and gradually increase the amount of effort; for instance, progress from strolling to brisk walking.
- Make family activities active; try swimming or skating instead of watching TV or a movie.
- Try new activities; learn to dance, play basketball, or ride a bike.
- Enjoy your improved sense of health and well-being.

Non-nutritive Sweeteners

All FDA- approved non-nutritive sweeteners are permissible in moderate quantities, if needed. Try not to be habituated.

Eating Suggestions for Preventing Hypoglycemia

- Limit simple carbohydrates (sugars) and concentrated sweets:

Eating these foods can cause a rapid increase in blood glucose. This may lead to excessive increase of insulin, resulting in a rapid fall in blood glucose.

Simple sugars and concentrated sweets include:

- | | |
|-------------------------|--|
| • Cakes | • Lemonade, Fruit Punch |
| • Jelly and Jams | • Syrups (Corn, Pancake, Maple) |
| • Cookies | • Sugar, Brown Sugar Fruit juice greater than 4 ounces |
| • Candy and Candy bars | • Ice cream, Sherbet, Frozen Yogurt |
| • Pies | • Sweet Tea and Flavored Coffee |
| • Gelatin, | |
| • Puddings and Custards | |
| • Nectars (Agave) | |
| • Regular Soda | |
| • Honey | |

- Reduce intake of foods and beverages containing caffeine.
- Limit or avoid alcoholic beverages.
- Spread your intake of carbohydrate foods throughout the day.
- Try to eat every 3 to 4 hours: Eating several small meals and snacks each day rather than 3 larger meals can help to regulate the amount of glucose in your bloodstream.
- Aim for 2 to 4 servings of carbohydrate at each meal (30 to 60 grams) and 1 to 2 servings (15 to 30 grams) at snack times. One carbohydrate serving has 15 grams of total carbohydrate.
- Each of these foods contains about 15 grams of carbohydrate:
 - 1 regular slice of bread
 - ½ English muffin, hot dog or hamburger bun
 - 3 cups popcorn
 - ½ cup rice, pasta, cooked cereal
 - 1 medium potato (about ½ cup)
 - 1 small apple (tennis ball size)
 - 1 medium orange
 - ½ cup fruit canned in its own juice
 - ¾ cup grapes

Keep some non-perishable foods readily available to prevent or treat low blood sugar symptoms.

Example:

- Parle G / Milk biscuits
- Sugar Candies
- Chocolates
- Sweets

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General Guidelines
Diabetic diet chart



GENERAL GUIDELINES

- Maintaining regular time with appropriate interval between meals is important to maintain the blood sugar levels.
- Avoid skipping meals and fasting as they cause fluctuation in the blood sugar levels.
- Avoid sugar, honey, jaggery, sweets, candies, chocolates, pastries or cakes, carbonated beverages, fruit juices with sugar.
- Increasing the fiber content helps in controlling the blood sugar levels. Foods containing high fiber are,

- Whole grains such as oats, Barley, bran products
- Legumes such as lentils, kidney beans, chickpeas or red and green lentils.
- Vegetables – minimum 400 g of cooked vegetable
- Fruits – fruits that are allowed can be taken according to the dietitian's advice. Avoid fruit juice

| Every day (100 g) | Moderate (60 g) | Restricted Occasional |
|--|---|---|
| Apple, guava, pears, melon, avocado, amla. | Sweet lime, oranges, pineapple, pomegranate | Banana, mango, sapota, custard apple, jack fruit, grapes, litchi. |

- Aim for at least two portions of oily fish a week. Examples include mackerel, sardines, salmon etc...
- Reduce the fat content in the diet through the following
- Use less saturated fat by having less butter, margarine and cheese.
- Choose lean meat and fish as low-fat alternatives to fatty meats.
- Choose lower fat dairy foods such as skimmed or semi-skimmed milk, low fat or diet yogurts.
- Grill, steam or oven bake instead of frying or cooking with oil or other fats.
- Avoid creamy sauces and dressings.

- Maintaining the blood pressure within normal limits is important to prevent complications. Hence salt intake of not more than 5g per day is recommended.
- Keep yourself hydrated. Drink adequate amount of water/non-sweetened beverages in between your meals.

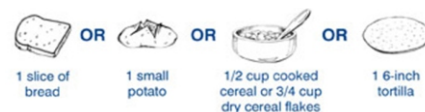
Plan for healthy eating

Using a standard dinner plate, follow the Plate Method in the image below to control your portion sizes

How much is a serving of starch?



How much is a serving of vegetables?



- Examples of 2 servings:



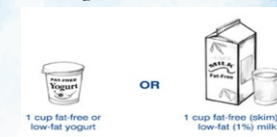
How much is a serving of fruit?

- Examples of 1 serving: (always unsweetened juices with pulp)



How much is a serving of milk?

- Examples of 1 serving:



How much is a serving of meat and meat substitutes?

- Examples of 1-ounce serving:



- Examples of 3-ounce serving:



Guide to Sensible Serving Sizes

- 3 ounces 1 serving of meat, chicken, turkey, or fish



1 cup / 1 serving of

- cooked vegetables
- alads
- casseroles or stews, such as chili with beans
- milk



1/2 cup / 1 serving of

- fruit or fruit juice
- starchy vegetables, such as potatoes or corn
- pinto beans and other dried beans
- rice or noodles
- cereal



1 ounce / 1 serving of

- snack food
- cheese (1 slice)



1 tablespoon / 1 serving of

- snack food
- cheese (1 slice)

