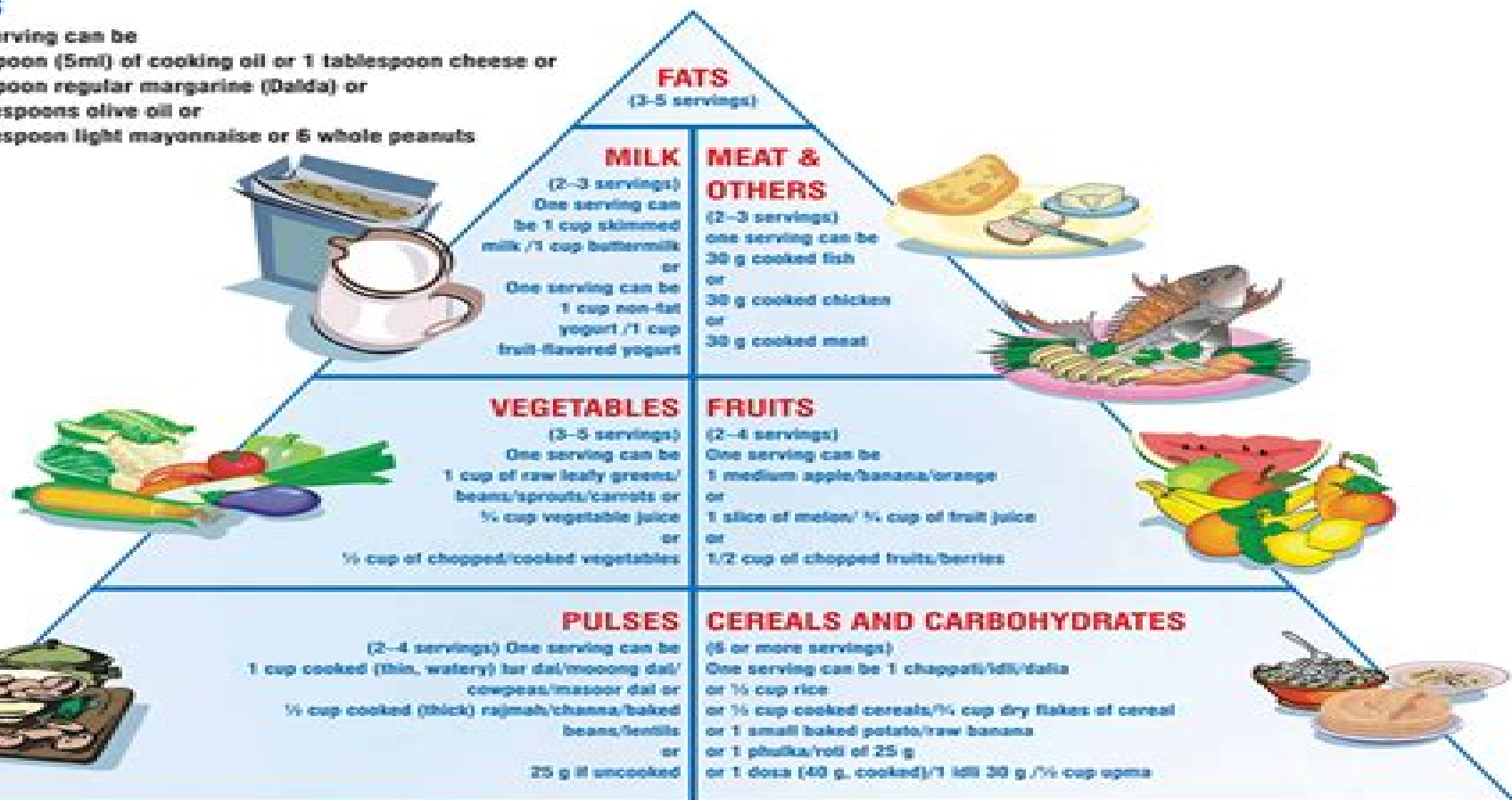


DIET - For Better Diabetes Management

Fats

One serving can be

- 1 teaspoon (5ml) of cooking oil or 1 tablespoon cheese or
- 1 teaspoon regular margarine (Dalda) or
- 2 tablespoons olive oil or
- 1 tablespoon light mayonnaise or 5 whole peanuts



GOOD EATING HABITS

- ✓ Eat from all groups of food.
- ✓ Chew your food properly.
- ✓ Eat your meals for at least 20 minutes slowly.
- ✓ Eat breakfast everyday.
- ✓ Have small meals more often in the day.

FOOD TO AVOID

- ✗ Soft drinks, cakes and chocolates.
- ✗ Grapes/watermelon/pineapple/mangoes/ raisins/dates in large amounts.
- ✗ Reduce your salt intake.
- ✗ Limit your intake of fat such as fatty cuts of meat, butter, whole-fat milk and dairy products and cream sauces.

WHEN TO EAT

Only eat when hungry

Dietary Management Of Diabetes Mellitus

Margaret A. Powers (RD.)



Dietary Management Of Diabetes Mellitus:

Nutritional Management of Diabetes Mellitus Gary Frost, Anne Dornhorst, Robert Moses, 2003-11-04 Diabetes mellitus is a common disorder where the body is no longer able to regulate blood glucose levels correctly owing to defects in insulin secretion or action While some people require treatment with insulin many are able to control their diabetes through management of diet e g by decreasing the fat intake and increasing the amount of fibre This book provides an up to date review of the dietary management of diabetes looking at general topics such as the metabolic principles of nutrition as well as more specific topics such as nutritional management of diabetic children pregnant women and the elderly A specialist text on the nutritional management of diabetes A practical book useful in clinical practice Written by well respected clinicians within the field

Dietary Management in Diabetes Mellitus Brenda Bossetti, 1980 **Handbook of Diabetes Nutritional Management** Margaret A. Powers (RD.), 1987 Here is solid practical advice with information on classification systems and diagnostic criteria management techniques step by step instructions for glucose testing exchange system guidelines dietary and soluble and insoluble fiber values for foods detailed information on carbohydrate s influence on blood glucose and more Included are tables charts graphs diagrams and practice aids

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Nutritional Management of Diabetes Mellitus and Dysmetabolic Syndrome John P. Bantle, G. Slama, 2006 Over the next decade the global number of people with diabetes and at risk of diabetes and cardiovascular disease is expected to grow by 25% largely driven by the rising prevalence of obesity and inactivity The problem is especially serious in Asia where the WHO predicts that in less than a decade 60% of the worldwide population with diabetes will be found In order to avoid that the disease turns into a huge economic burden individuals at risk must be identified and prevention and suitable treatment interventions implemented Conceding that the optimal diet for diabetes has yet to be defined and that nutrition and lifestyle management must be individualized to enhance the potential for a successful outcome this publication examines the impact of lifestyle which includes both nutritional management and physical activity in the prevention and treatment of diabetes Among the topics addressed are the dysmetabolic syndrome glycemic effect of carbohydrates glycemic control and beyond diabetes in the life cycle as well as the role of drugs and dietary therapy Written by leading experts in the field the papers collected in this

publication contain a wealth of information for nutritionists dietitians physicians and epidemiologists **Diet and Nutrition for People with Diabetes** National Diabetes Information Clearinghouse (U.S.),1979 160 entries to print and audiovisual materials of interest to both the public and health professionals Each entry gives bibliographical information price and source Title index **Dietary Management of Diabetes Mellitus** Juliet G. Bringas,Teresa Y. Chan,1977 **Handbook of Diabetes Medical Nutrition Therapy** Margaret A. Powers (RD.),1996 Provides dietitians and other health care professionals with the information they need to provide comprehensive diabetes care and self management training Topics covered include understanding diabetes pathophysiology complications of diabetes setting and achieving management goals medical nutrition therapy nutrition assessment diabetes medications and delivery methods exercise benefits and guidelines comprehensive monitoring blood glucose monitoring preparing and evaluating diabetes education programs counseling skills selecting a nutrition approach expanding meal planning approaches the exchange system carbohydrate counting weight reduction cultural considerations macronutrient influence on blood glucose and health complex and simple carbohydrates in diabetes therapy identifying protein needs lipid metabolism and choices issues in prescribing calories low calorie sweeteners and fat replacers fiber metabolism making food choices life stages children and adolescents pregnancy and diabetes caring for older persons and nutrition and specific clinical conditions renal disease hypertension eating disorders surgery gastrointestinal issues dental care HIV AIDS etc **Diet Management Guide** Rajiv Sharma,2005 **Nutritional Management of Diabetes Mellitus and Dysmetabolic Syndrome** John P. Bantle,G. Slama,2006-01-01 Evaluating treatment and prevention strategies Over the next decade the global number of people with diabetes and at risk of diabetes and cardiovascular disease is expected to grow by 25% largely driven by the rising prevalence of obesity and inactivity The problem is especially serious in Asia where the WHO predicts that in less than a decade 60% of the worldwide population with diabetes will be found In order to avoid that the disease turns into a huge economic burden individuals at risk must be identified and prevention and suitable treatment interventions implemented Conceding that the optimal diet for diabetes has yet to be defined and that nutrition and lifestyle management must be individualized to enhance the potential for a successful outcome this publication examines the impact of lifestyle which includes both nutritional management and physical activity in the prevention and treatment of diabetes Among the topics addressed are the dysmetabolic syndrome glycemic effect of carbohydrates glycemic control and beyond diabetes in the life cycle as well as the role of drugs and dietary therapy Written by leading experts in the field the papers collected in this publication contain a wealth of information for nutritionists dietitians physicians and epidemiologists **Advanced Nutrition and Dietetics in Diabetes** Louise Goff,Pamela Dyson,2015-10-22 Published on behalf of The British Dietetic Association Advanced Nutrition and Dietetics in Diabetes is an exploration of the evidence and practice of nutrition in diabetes offering a global view of the lifestyle interventions for the prevention and management of diabetes including management of complications and special population groups With

internationally recognised authors this book applies the rigour of evidence based medicine to important enduring topics in diabetes such as public health efforts at diabetes prevention formulating nutritional guidelines for diabetes carbohydrates and the glycaemic index the management of diabetes in older people The authors draw on their research and practical experience to offer sound guidance on best practice ensuring that interventions are both scientifically secure and effective

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