

## A manual for eating well and staying healthy, managing diabetes with balanced nutrition.

Thang Parimehagan\*

Department of Botany, Bharathiar University, Coimbatore, Tamil Nadu, India

### Introduction

Diabetic nutrition is a specialized dietary approach designed to manage and prevent the complications associated with diabetes. It involves making healthy food choices that help regulate blood sugar levels, control weight, and reduce the risk of cardiovascular disease. A well-planned diabetic diet emphasizes consuming nutrient-dense foods that are low in calories, saturated and Trans fats, added sugars, and sodium [1]. It also focuses on eating complex carbohydrates, fibre-rich foods, lean protein sources, and healthy fats in appropriate portions to maintain blood glucose levels within a healthy range. With the right combination of foods and portion sizes, people with diabetes can maintain good health and avoid the complications that can arise from uncontrolled blood sugar levels. Diabetes is a chronic condition that affects how your body processes blood sugar (glucose). Proper nutrition is essential for managing diabetes, as it can help regulate blood sugar levels and prevent complications.

### Carbohydrates

Carbohydrates are the main source of glucose in the body, and they have the most significant impact on blood sugar levels [2]. People with diabetes need to be mindful of the types and amounts of carbohydrates they consume. It is essential to choose carbohydrates that are nutrient-dense and have a low Glycemic Index (GI). Foods that are high in fibre, such as whole grains, fruits, and vegetables, are good choices.

### Protein

Protein is an essential nutrient that helps build and repair tissues in the body. It also helps regulate blood sugar levels. People with diabetes should choose lean protein sources, such as skinless chicken, fish, and tofu, and avoid protein sources that are high in saturated fat, such as red meat and processed meats.

### Fats

Fats are an essential part of a healthy diet, but they should be consumed in moderation, especially for people with diabetes. Saturated and Trans fats should be limited, as they can raise cholesterol levels and increase the risk of heart disease. Unsaturated fats, such as those found in nuts, seeds, and avocados, are a better choice.

### Fruits and vegetables

Fruits and vegetables are an important part of a healthy diet for everyone, but they are especially important for people with diabetes. They are low in calories and high in fibre, vitamins, and minerals. They also have a low GI, which means they do not cause a rapid rise in blood sugar levels [3].

### Tips for managing diabetes with nutrition

**Count carbohydrates:** People with diabetes should monitor their carbohydrate intake and aim for a consistent amount at each meal. This can help regulate blood sugar levels and prevent spikes.

**Choose whole grains:** Whole grains are high in fibre and have a low GI, making them a better choice than refined grains.

**Control portion sizes:** Overeating can cause blood sugar levels to rise. It is important to control portion sizes and avoid overeating.

**Limit sugary drinks:** Sugary drinks, such as soda and juice, can cause blood sugar levels to rise quickly. Water and unsweetened beverages are a better choice.

**Eat regularly:** Eating regular meals and snacks can help regulate blood sugar levels and prevent hunger [4].

Individuals with diabetes should also aim to balance their carbohydrate intake with healthy fats and proteins. Carbohydrates are the primary nutrient that affects blood sugar levels [5], so understanding how different types of carbohydrates affect blood sugar levels is crucial. For example, high-glycaemic index carbohydrates, such as refined grains and sugars, can cause blood sugar spikes, while low-glycaemic index carbohydrates, such as whole grains and non-starchy vegetables, are absorbed more slowly and have less impact on blood sugar levels.

### Conclusion

Diabetic nutrition is an essential part of managing diabetes. A healthy diet that is low in carbohydrates and saturated fat, high in fibre and lean protein, and includes plenty of fruits and vegetables can help regulate blood sugar levels and prevent complications. It is essential to work with a healthcare provider or registered dietitian to develop a personalized nutrition plan that meets your individual needs and preferences.

\*Correspondence to: Thang Parimehagan, Department of Botany, Bharathiar University, Coimbatore, Tamil Nadu, India, E-mail: drpar102201@gmail.com

Received: 05-Mar-2023, Manuscript No. AADY-23-94077; Editor assigned: 07-Mar-2023, PreQC No. AADY-23-63780(PQ); Reviewed: 21-Mar-2023, QC No. AADY-23-94077;

Revised: 24-Mar-2023, Manuscript No: AADY-23-94077(R); Published: 31-Mar-2023, DOI:10.35841/aady-7.2.140

## References

1. Hamdy O, Barakatun-Nisak MY. Nutrition in diabetes. *Endocrinol Metab Clin*. 2016;45(4):799-817.
2. Ley SH, Hamdy O, Mohan V, et al. Prevention and management of type 2 diabetes: dietary components and nutritional strategies. *Lancet*. 2014;383(9933):1999-2007.
3. Evert AB, Boucher JL, Cypress M, et al. Nutrition therapy recommendations for the management of adults with diabetes. *Diabetes Care*. 2014;37(1):120-43.
4. Franz MJ, Bantle JP, Beebe CA, et al. Evidence-based nutrition principles and recommendations for the treatment and prevention of diabetes and related complications. *Diabetes Care*. 2002;25(1):148-98.
5. Asif M. The role of fruits, vegetables, and spices in diabetes. *Int J Nutr Pharmacol Neurol Dis*. 2011;1(1):27-35.