

Remember:

- Healthy eating is not hard
- You don't need to avoid food containing; sweets or starch you just need to eat balanced portions for your meals
- You don't have to change everything suddenly, just make small changes gradually
- Eat a substantial breakfast every morning to enhance your metabolism
- Do not skip meals
- Eat smaller portions, spread out over the day
- Eat a variety of whole-grain foods, fruits and vegetables every day
- Eat less fat
- Use less salt
- Limit your use of alcohol

Make sure to refer to your doctor, diabetes educator or dietitian to get advice on the amount of fat, protein and carbohydrates you might require in your diet.



“Know” not “No”



References:

1. Food & Fitness. American Diabetes Association. Available at: <http://www.diabetes.org/food-and-fitness/?loc=GlobalNavFF>. Accessed: December 16, 2013
2. Diabetic Diet. NIH: National Institute of Diabetes and Digestive and Kidney Diseases. MedlinePlus. Available at: <http://www.nlm.nih.gov/medlineplus/diabeticdiet.html>. Accessed: December 16, 2013



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Diet

- One of the main reasons of developing diabetes is poor diet control
- Most of the food you eat turns into sugar inside your body, therefore your blood glucose level can easily be affected by the type of food you eat
- Healthy eating helps keep your blood sugar within your target range while gaining more energy to actively practice your busy life
- Having diabetes means trying to follow a balanced meal plan without avoiding eating

Good to eat

Non starchy vegetables and fruits

- Spinach, Carrots, Lettuce, Greens, Cabbages, Green beans, Okra, Mushrooms
- Broccoli, Cauliflower, Onions, Cucumbers, Beets, Peppers, Turnips
- Apples, cantaloupe, grapefruit, oranges, peaches, berries, pears, pineapple, bananas

Try to avoid

Saturated Fats

- High fat dairy products such as full fat cheese, cream, ice cream, whole milk, 2% milk and sour cream
- High-fat meats like regular ground beef, bologna, hot dogs, sausage, bacon and spareribs
- Lard
- Butter, Cream sauces
- Fatback and salt pork
- Chocolate
- Palm oil and palm kernel oil
- Coconut and coconut oil
- Poultry (chicken and turkey) skin

Eat in small quantities

1 Starchy Foods

- Whole-grain breads, such as whole-wheat or rye
- Whole-grain, high-fiber cereal
- Cooked cereal such as oatmeal and grits
- Rice, pasta, dal, tortillas
- Cooked beans and peas, such as pinto beans or black-eyed peas
- Potatoes, green peas, corn, lima beans, sweet potatoes, winter squash
- Low-fat crackers and snack chips, pretzels, and fat-free popcorn

2 Healthy Fats

- Avocado
- Canola oil
- Nuts like almonds, cashews, pecans, and peanuts
- Olive oil and olives
- Peanut butter and peanut oil
- Sesame seeds

3 Fish, Chicken, Meat & Meat Substitutes

- Chicken or turkey without the skin
- Fish such as tuna, salmon, cod, or catfish
- Other seafood such as shrimp, clams, oysters, crab, or mussels
- lean cuts of beef and pork such as sirloin or pork loin
- Tofu, eggs, low-fat cheese

4 Desserts

- Milk & Yogurt
- Skim, 1/2%, or 1% milk
- Low-fat or fat-free yogurt
- Plain soy milk



Having a well-balanced diet will help you manage your weight

