



Diabetes



Diabetes Diet

What is diabetes?

Diabetes mellitus is a metabolic disorder related to utilization deficiency of carbohydrates. It is characterized by the presence of increased glucose levels in the blood, due to defective insulin secretion, insulin action or both.

What are the symptoms?

There are many symptoms but the main are:

- 1 - Frequent urination
- 2 - Excessive thirst.
- 3 - Extreme hunger.
- 4 - Unusual weight loss.
- 5 - Irritability.
- 6 - Blurred vision, ie. diabetic cataract & error of refraction.
- 7 - Increased fatigue.

Types of diabetes:

- 1 - Insulin dependant type 1.
- 2 - Insulin independent type 2 (Non Insulin dependent).
- 3 - Gestational diabetes: which is a temporary form of diabetes that occurs with some pregnant ladies who do not have diabetes, but have carbohydrate intolerance of variable severity. This starts between the 22-24 week of pregnancy. This type needs insulin injections, a proper diet and proper exercise program to control it.



Type 1	Type 2
Depends on insulin	Not depend on insulin, can use pills or diet to control it
Complete lack of insulin	Insulin efficient can be normal or below normal
Generally under 30 years	Generally above 30 years
Usually normal or under weight	Usually over weight or normal
Sever symptoms	Normal symptoms or without
Possible to have Ketoacidosis coma	Rare to have ketone coma
Might have family history	Strong family history

What are the risk factors?

The prevalence of diabetes is high with the presence of these factors:

- 1 - Obesity and low level of physical activities.
- 2 - Heart disease.
- 3 - Family history.
- 4 - High cholesterol and lipid level in the blood.
- 5 - High blood pressure.
- 6 - Ladies who have history of gestational diabetes.
- 7 - Bad & unhealthy eating habits.

Diabetes and Complications:

- 1 - Eye infections & diseases (diabetic retinopathy).
- 2 - Heart diseases (coronary heart disease).
- 3 - High blood pressure and lipid disorder (cholesterol, triglyceride, etc).

- 4 - Diabetic foot and skin infection.
- 5 - Nervous system infection (periphera neuropathy).
- 6 - Kidney problems (diabetic nephropathy).
- 7 - Digestive system problem.
- 8 - Infertility.
- 9 - Genital dysfunction.
- 10 - Large baby in pregnancy women.

The Dietary Guidelines:

There is no special Diet or prohibited food for a diabetic patient but there should be balanced diet.

The main goals of following a proper diet and leading a healthy life style are:

- 1 - Maintaining the blood sugar level within or close to the normal level.
- 2 - Reaching the actual or reasonable body weight depending on the weight, height, age,

and the level of activity of the patient.

3 - Preventing and treating the complications of diabetes, like obesity, dyslipidemia, hypertension... etc.

It is very important to know that every patient has their own diet that suits their health status, beliefs & food likes and dislikes. But there are main guidelines should be followed:

1 - Carbohydrates are one of the most important components in food and it should provide from 45%-65% of total daily calories. The diabetic patient is asked to follow these tips in order for them to achieve his / her goals:

- A- Eat moderate starch food like rice, pasta, potato, corn and noodles but concentrate more on the fiber rich sources like wheat, oat, ray, whole grains, peas, beans, lentils, wheat bread. Also

take into consideration the allowed exchange or counts for each patient (ask your dietician).



- B- Eat more vegetables, frozen, juices and especially eat eat more raw (uncooked) ones. The vegetables are a very good source of fiber like, cucumber, lettuce, tomato, parsley, zucchini, cauliflower...(But not potato).



• C- Eat and drink moderate fruits and fruit juices (preferably raw fruit) without sugar, from 2-3 serving per day because high sugar intake will increase the blood sugar level. Also try to avoid the high sugar content fruit like: mango, banana, dates & grapes.



• D- Avoid or eat very few, with restriction, sugar and sweets like: honey, jelly, jam, chocolate and pastries. These foods increase blood sugar far too much and very fast. (follow your dietician's advise)

2 - Eat normal protein. It should provide from 12%-20% of daily calories, but consume the low fat sources like: veal meat, egg white, chicken without skin, fish like tuna, salmon, low fat milk and milk products and low fat cheese to control the fat intake.



3 - Eat less fat. Consume at a maximum from 25%- 35% of daily calories and avoid saturated fats like: butter, margarine, lard and animal fats. Replace these with un-saturated fats like vegetable oils like corn oil, canola oil, olives oil and sunflower oil.

4 - Change the way of preparing and cooking food. For example, from frying foods to boiling, steamed or baked in the oven. ie. eat baked potatoes instead of fried.

5 - Familiarise yourself with the food pyramid and train your self to use the food exchange list to plan meals (with a dietician's help). Read the food label before you buy or eat any food to calculate your calories intake.



6 - Make a proper fun physical program daily or at least three times a week.

7 - Divide your meals from 4-5 small frequent meals a day three main meals & 1 to 2 snacks.

8 - Try to eat about the same amount of food about the same time every day.

9 - Avoid alcohol drinks.



10 - Stop smoking.

11 - Avoid a lot of coffee and tea.

12 - You can use the natural sweetener like Candrel. (ask your dietician).



Example for 1500 calories food menu (not for all diabetic patients there are individual variations and needs, ask your doctor or dietician).

Type of meal	Name of food	Gm of carbohydrate	Gm of protein	Gm of fat	No. of calories
Break-fast	2 wheat toast	24-30 gm	6gm	0-2 gm	160 cal
	1 boiled egg	-	7gm	5 gm	75 cal
	1 cup of tomato, cucumber, lettuce, green onion	5gm	2	-	25 cal
	1 cup of low fat milk	12gm	8gm	5gm	120cal
Snack	1 medium apple	15gm	-	-	60cal
Lunch	2/3 cup or 10 2/3 table spoon of cooked rice.	24-30 gm	6gm	0-2gm	160cal

Type of meal	Name of food	Gm of carbohydrate	Gm of protein	Gm of fat	No. of calories
	¼ piece of chicken (boiled without skin & bone) or 60gm of fish (grilled)	-	14gm	6gm	110cal
	¾ cup of low fat yoghurt	12gm	8gm	5gm	120cal
	1 cup (medium bowl) of cooked vegetable (without potato)	10gm	4	-	50 cal

Type of meal	Name of food	Gm of carbohydrate	Gm of protein	Gm of fat	No. of calories
	2 teaspoon vegetable oil for cooking	-	-	10gm	90cal
Snack	½ cup (120ml) of fresh orange juice	15gm	-	-	60cal
Dinner	2 wheat toast	24-30gm	6gm	0-2 gm	160 cal
	60gm of tuna (in water)	-	14gm	0-2 gm	70cal
	1 cup of salad (big bowl)	5gm	2	-	25cal

Type of meal	Name of food	Gm of carbohydrate	Gm of protein	Gm of fat	No. of calories
Snack	1 cup of low fat milk	12gm	8gm	5gm	120cal
	¾ cup of un-sweetened cereals	12-15 gm	3gm	0-1gm	80cal

