DIET - For Better Diabetes Management

Fats

One serving can be

1 teaspoon (5ml) of cooking oil or 1 tablespoon cheese or

1 teasgoon regular margarine (Dalda) or

2 tablespoons olive oil or

1 tablespoon light mayonnaise or 6 whole peanuts



MILK

(2-3 servings) One serving can be 1 cup skimmed milk /1 cup buttermilk

> Doe serving can be 1 cup non-tat

yegurt /1 cup truit-flavored yegurt

MEAT & OTHERS

(2-3 servines) one serving can be

30 a cooked fish

30 a cooked chicken

30 g cooked meat



VEGETABLES FRUITS

(3-5 pervious) One serving can be 1 cup of raw leady preens/ beans/sprouts/carnots or 14 cup vegetable luice

% cup of chopped/cooked vegetables

(2-4 pervings)

One pervise can be

1 medium apole/banana/orange

1 slice of melon/ 1/4 cup of truit juice

1/2 cup of chopped truits/berries



(2-4 servings) One serving can be 1 cup cooked (thin, watery) for dai/mooong dai/ cowpeas/masoor dall or 1/4 cup cooked (thick) raimah/channa/baked Bearing Sensible

25 p If uncooked

PULSES | CEREALS AND CARBOHYDRATES

65 or more servings):

One serving can be 1 chappati/idii/dalia

or 16 cup cooked cereals/14 cup dry flakes of cereal

or 1 small baked potato/raw banana.

or 1 phulks/roti of 25 g

or 1 does (40 g, cooked)/1 kH 30 g /% cup upms



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

- X Soft drinks, cakes and chocolates.
- Grapes/watermelon/pineapple/mangoes/ raisins/dates in large amounts.
- Reduce your salt intake.
- X 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

Diabetic Diet Guidelines

David Baud

Diabetic Diet Guidelines:

The book delves into Diabetic Diet Guidelines. Diabetic Diet Guidelines is an essential topic that needs to be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Diabetic Diet Guidelines, encompassing both the fundamentals and more intricate discussions.

- 1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Diabetic Diet Guidelines
 - Chapter 2: Essential Elements of Diabetic Diet Guidelines
 - Chapter 3: Diabetic Diet Guidelines in Everyday Life
 - Chapter 4: Diabetic Diet Guidelines in Specific Contexts
 - ∘ Chapter 5: Conclusion
- 2. In chapter 1, this book will provide an overview of Diabetic Diet Guidelines. The first chapter will explore what Diabetic Diet Guidelines is, why Diabetic Diet Guidelines is vital, and how to effectively learn about Diabetic Diet Guidelines.
- 3. In chapter 2, the author will delve into the foundational concepts of Diabetic Diet Guidelines. This chapter will elucidate the essential principles that must be understood to grasp Diabetic Diet Guidelines in its entirety.
- 4. In chapter 3, this book will examine the practical applications of Diabetic Diet Guidelines in daily life. This chapter will showcase real-world examples of how Diabetic Diet Guidelines can be effectively utilized in everyday scenarios.
- 5. In chapter 4, the author will scrutinize the relevance of Diabetic Diet Guidelines in specific contexts. The fourth chapter will explore how Diabetic Diet Guidelines is applied in specialized fields, such as education, business, and technology.
- 6. In chapter 5, this book will draw a conclusion about Diabetic Diet Guidelines. This chapter will summarize the key points that have been discussed throughout the book.
 - This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Diabetic Diet Guidelines.

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