



DIABETES FOODS TO AVOID

Soda

French fries

Bacon



Milk

Canned fruit

Potato chips



Ketchup

Hamburgers

Pancakes



Contents

Introduction.....	4
Chapter 1	4
What is type 1 diabetes?	4
What are the symptoms of type 1 diabetes?	4
What causes type 1 diabetes?	4
How is type 1 diabetes managed?.....	5
What is type 2 Diabetes.....	5
The basics of managing type 2 diabetes.....	6
Reach a healthy weight.	6
Healthy foods	6
Keep active!	6
Symptoms of type 2 diabetes.....	7
Difference between type 1 and type 2 diabetes.....	7
What is pre-diabetes?	8
Chapter 2	9
MANAGING DIABETES	9
Exercise regularly.....	9
Lose weight, if needed.....	9
Medications	9
Chapter 3	10
Four Vital Steps To Manage Type2 Diabetes.....	10
1. Get educated:	10
2. Follow the diabetes “ABCDEs”.....	10
3. Diabetes Diet.....	10
4. Regular Medical Checkups	10
There’s more to monitor than just sugar	11
Diabetes complications	11
Chapter 4	12
Foods to Avoid for Diabetes	12
3. Packaged snacks and processed baked goods	13
4. White carbohydrates	13
5. Sweetened breakfast cereals	14
6. Dried fruits.....	14
7. French fries.....	15

8. Higher-fat cuts of meat.....	15
9. Saturated fats	16
10. Sugary foods	16
Chapter 5	17
Healthy eating and meal planning.....	17
Steps you can take to reduce your risk	17
Best foods to control diabetes	18
Conclusion	19

Introduction

Diabetes is a disorder where the pancreas does not produce (enough) insulin. Insulin is a hormone which processes sugars and converts it into energy for all body functions. In diabetes, there is high blood sugar level affecting the blood vessels and blood circulation. Lack of blood supply leads to diabetes complications. There are two types of diabetes namely Type 1 Diabetes and Type 2 diabetes.

Chapter 1

What is type 1 diabetes?

Type 1 diabetes occurs when the body no longer produces any insulin. (**Insulin is a hormone that helps your body to control the level of glucose in your blood.**) Without insulin, glucose builds up in the bloodstream instead of being used for energy. Type 1 diabetes is usually diagnosed in children and teenagers.

What are the symptoms of type 1 diabetes?

Frequent **urination** (including bedwetting in children who previously didn't wet the bed overnight)

- Increased thirst
- Unintended weight loss
- Blurred vision
- Lack of energy, extreme tiredness
- Extreme hunger

What causes type 1 diabetes?

It is not known exactly what causes **type 1 diabetes**. People who have a close family member (such as a parent, or a brother or sister) with **type 1 diabetes** are at a slightly

higher risk of getting the disease. However, other risk factors have not yet been identified.

How is type 1 diabetes managed?

Insulin therapy is required for the treatment of type 1 diabetes. Unlike type 2 diabetes, it is the only therapy that can be used to manage the disease. Insulin is injected by pen, syringe or an insulin pump. Your **healthcare team** can work with you to determine the number of insulin injections needed each day, the timing of insulin injections and the dose of insulin needed with each injection.

What is type 2 Diabetes

Type 2 diabetes is a condition that happens because of a problem in the way the body regulates and uses sugar as a fuel. That sugar also is called glucose. This long-term condition results in too much sugar circulating in the blood. Eventually, **high blood sugar levels** can lead to disorders of the circulatory, nervous and immune systems.

In **type 2 diabetes**, there are primarily two problems. The **pancreas** does not produce enough insulin — a hormone that regulates the movement of sugar into the cells. And cells respond poorly to insulin and take in less sugar.

Type 2 diabetes used to be known as adult-onset diabetes, but both type 1 and type 2 diabetes can begin during childhood and adulthood. Type 2 is more common in older adults. But the increase in the number of children with obesity has led to more cases of **type 2 diabetes** in younger people.

Type 2 affects all age groups

People of all ages can be affected by type 2 diabetes. While the disease used to be diagnosed almost exclusively in adults and elderly people, it is now affecting **adolescents and younger adults**. There are different issues regarding management in different populations.

The basics of managing type 2 diabetes

Managing type 2 diabetes involves following a basic set of principles or guidelines in order to reach target blood glucose levels. There are four cornerstones for the management of **type 2 diabetes** which will help you meet these goals:

Tips to reduce your risk of type 2 diabetes include:

Reach a healthy weight.

Excess weight is directly linked to an increased risk for type 2 diabetes as well as high blood pressure, high cholesterol, heart disease and stroke. Losing even 5-10% of your body weight can help to prevent developing diabetes. Read more about sustainable weight loss [here](#).

Healthy foods.

Knowing what to eat and how much to eat is a great start. You can speak with a dietitian who can help you set up a healthy eating meal plan. Read more about diabetes dietitians [here](#).

Keep active!

Find something that you love to do, and commit to doing it often! It is recommended that you engage in physical activity for **30 minutes each day**, five times a week. If you have never done exercise, start slow, for example, **10 minutes per day**, and work up to 30 minutes.

Symptoms of type 2 diabetes

Symptoms of **type 2 diabetes** often develop slowly. In fact, you can be living with **type 2 diabetes** for years and not know it. When **symptoms** are present, they may include:

- ✓ Increased thirst.
- ✓ Frequent urination.
- ✓ Increased hunger.
- ✓ Unintended weight loss.
- ✓ Fatigue.
- ✓ Blurred vision.
- ✓ Slow-healing sores.
- ✓ Frequent infections.
- ✓ Numbness or tingling in the hands or feet.
- ✓ Areas of darkened skin, usually in the armpits and neck.

Difference between type 1 and type 2 diabetes

What is the difference between **type 1 and type 2 diabetes**?

In type 1 diabetes, people produce little or no insulin, as the insulin-producing cells have been destroyed by the body's immune system. Type 1 diabetes is an auto-immune disease.

In type 2 diabetes, the body may make enough insulin early in the disease, but doesn't respond to it effectively. As **type 2 diabetes** progresses, the pancreas gradually loses the ability to produce enough insulin. Type 2 diabetes is associated

with inherited factors and lifestyle risk factors such as being overweight or obese, poor diet, and insufficient physical activity.

What is pre-diabetes?

Pre-diabetes means your blood sugar levels are higher than normal, but not high enough to meet a diagnosis of **type 2 diabetes**. Without lifestyle changes, a person with pre-diabetes is at high risk of going on to develop type 2 diabetes.

Chapter 2

MANAGING DIABETES

Eat healthy foods

A healthy meal plan is crucial to helping you manage your diabetes, and ensuring that your blood glucose levels are controlled.

Exercise regularly

Everyone – whether or not they have diabetes – benefits from regular exercise. Well-known health benefits include weight loss, stronger bones, improved blood pressure control, lower rates of heart disease and cancer, and increased energy levels. Regular exercise also has special advantages if you have type 2 diabetes, because it improves your body's sensitivity to insulin and helps manage your blood glucose levels.

Lose weight, if needed

Excess weight is associated with higher blood glucose levels and complications, so it's important for people with diabetes who are overweight to try and lose weight. The good news is that studies have shown that losing even a few pounds – between 5% and 10% of your initial body weight – can improve diabetes control and reduce the risk of complications such as heart disease.

Medications

A number of different diabetes medications are available to help people with type 2 diabetes control their blood glucose levels. Some of these are in pill form, while others are injected subcutaneously (under the skin) with a needle. Taking them exactly as prescribed by your healthcare team will help to ensure that your blood sugar levels stay in their target range.

It's not unusual to have some concerns

Some of the common concerns that people have about managing type 2 diabetes – whether they've just been diagnosed, or have lived with the disease for some time – include controlling blood sugar, avoiding complications and injecting insulin.

Chapter 3

However, managing type 2 diabetes doesn't have to be incredibly complicated. There are four vital steps you can take to manage your condition successfully:

Four Vital Steps To Manage Type2 Diabetes

1. Get educated:

Learn as much as you can about diabetes and how to manage it. Check out many of the expert blogs and articles on this website, discuss your management with the diabetes health care team and visit a diabetes education centre.

2. Follow the diabetes “ABCDEs”:

A1C, blood pressure, cholesterol, drugs, exercise/eating and smoking cessation. By following these recommendations, you may lower your risk of heart attack or stroke.

3. Diabetes Diet

Follow everyday guidelines for healthy living with diabetes. Following a diabetes diet, getting regular physical activity and practicing diabetes self-care guidelines such as blood glucose monitoring and checking your feet daily can help reduce your risk of complications.

4. Regular Medical Checkups

Get your recommended medical check-ups and tests. It is important to see your diabetes health care professional every 6 months. Your A1C, blood pressure, weight, feet and overall self-care plan will be checked, and other tests will be arranged based on your individual needs.

There's more to monitor than just sugar

Recognizing and treating other conditions that are common in people with diabetes is another key area for management. There are several conditions that co-exist with diabetes, such as high blood pressure or high cholesterol. These are conditions that can occur in a person without diabetes, but are also more common for someone living with diabetes. Regular monitoring of these conditions is important as part of your diabetes management plan.

Some complications develop gradually but they may also appear at the time of diagnosis, since many people do not realize that they have been living with diabetes for several years.

Diabetes complications:

- Cardiovascular disease, including heart attack and stroke
- Eye disease, including damage to the retina (retinopathy), glaucoma or cataracts
- Kidney disease (nephropathy)
- Nerve damage (neuropathy)
- Foot problems, which may lead to ulcers and potentially amputation
- Monitoring tests are recommended to help you delay or prevent complications.

Chapter 4

Foods to Avoid for Diabetes

To avoid diabetes complications, these foods can be swapped with healthier, low-fat and calorie options.

1. Processed meats

Processed meats – such as bacon, ham, salami or beef jerky – contain many harmful chemicals that are not present in fresh meat. They have also been linked to diseases such as cancer and heart disease in numerous studies.



Replace processed meats with leaner, more natural protein choices, such as chicken, turkey, tuna or hard-boiled eggs

2. Full-fat dairy products



Full-fat dairy products primarily contain saturated fat (the “bad” fat), which increases the risk of heart disease. As well, because higher-fat foods naturally contain more calories, full-fat dairy products may contribute to an increased risk of obesity.

Replace full-fat dairy products with low-fat or non-fat dairy products and non-dairy milks (for example, almond or soy milk). When choosing low-fat products, always be on the lookout for other unhealthy ingredients that may have been added to replace

the fat, such as sugar or saturated fats. Chocolates and desserts can be swapped with sugar-free and fat-free options if these are unavoidable

3. Packaged snacks and processed baked goods

Most packaged pastries, cookies and cakes are made with refined sugar, refined wheat flour and unhealthy fats (such as shortening, which is high in trans fats). They also contain a number of chemical ingredients, including preservatives, and colouring and flavouring agents. As well, the carbohydrates in processed foods are



usually refined, “simple” carbohydrates, which cause rapid spikes in blood sugar and insulin levels.

Replace packaged snacks and processed baked goods with hummus and vegetables, a handful of almonds or apple slices topped with nut butter.

4. White carbohydrates

The “white” carbohydrates in white



bread, rice and pasta all have virtually no nutritional value. They can also cause blood sugar spikes and weight gain, as well as increased low-density lipoprotein cholesterol levels (the “bad” cholesterol).

Replace white carbohydrates with whole grain carbohydrates, such as brown rice,

quinoa, and whole grain pastas and breads.

5. Sweetened breakfast cereals

Breakfast cereals are some of the most commonly consumed processed foods that are high in added sugars. In fact, most of them list sugar as the second or third ingredient. Starting the day with a high-sugar breakfast cereal will spike your blood sugar and insulin levels. Excess consumption of sugar may also increase your risk of obesity, as well as heart disease and cancer.



6. Dried fruits

Dried fruits are a delicious way to satisfy your appetite and your sweet tooth, and they generally contain a goodly amount of fibre. Unfortunately, they're loaded with sugar. In fact, a small box of raisins (43 grams) contains 25 grams of sugar; a 50-gram serving of dates also contains 25 grams of sugar.



Replace dried fruits with fresh fruits. Grab an apple or a banana for a quick and healthy snack on-the-go.

7. French fries

Because French fries are deep fried in oil that contains unhealthy saturated fats, they are very high in fat and calories. This can pose a number of serious health risks (for example, heart disease and obesity) if you eat French fries on a regular basis. French fries may also contain a lot of salt, which can contribute to increased blood pressure levels. Replace French fries with vegetable sticks or baked sweet potato wedges.



8. Higher-fat cuts of meat

Meats that are higher in fat include beef or pork ribs, prime rib, rib-eye steak and beef brisket. A number of studies have shown that consumption of high-fat meats – especially red meat – is associated with an increased risk of heart disease and cancer. Replace higher-fat cuts of meat with leaner meats, such as chicken or turkey breast, sirloin or eye of round steak, or pork tenderloin.



9. Saturated fats

Foods with trans fats, or high amounts of saturated fats. Unlike unsaturated fats (which help reduce the risk of heart disease and lower cholesterol levels), trans fats and saturated fats have no known benefit to human health. They also increase low-density lipoprotein cholesterol (the “bad” cholesterol) and decrease high-density lipoprotein cholesterol (the “good” cholesterol). Common foods that contain trans fats and saturated fats include: cakes, pies, doughnuts and cookies (especially when they have frosting); crackers and potato chips; fried fast foods; and frozen pizza.



Replace foods with high levels of trans fats and saturated fats with foods that contain natural sources of vegetable fats (such as nuts and seeds, or avocados) and foods that contain omega-3 fatty acids (such as salmon, tuna or mackerel).

10. Sugary foods

Everyone craves sugary foods at some point, whether it's chocolate, cake or candy.



However, foods that are high in added sugar usually contain no protein or fibre, so they can cause your blood sugar levels to spike quickly and then drop sharply. Sugary foods are also associated with increased weight gain when eaten

regularly. Fruits like bananas, grapes, chikoo, & custard apple should be avoided. Shift to healthier options like citrus fruits, berries, papaya, pomegranate

Chapter 5

Healthy eating and meal planning

Healthy eating and meal planning are important in the management of type 1 diabetes. A variety of healthy foods are needed for a balanced diet. This includes lots of fruits and vegetables, lean proteins and healthy fats, and a moderate amount of whole grains such as bread, rice, pasta and cereal. It is a good idea to meet with a registered dietitian who can help you with a meal plan.

Exercise and diet play a strong role in keeping diabetes under control. People with diabetes should avoid starchy, high-calorie and fatty foods.

These are foods to avoid in a diabetic diet because they are very high on the glycemic index. In fact, these should be avoided by people who want to lose weight. These foods should also be avoided by non-diabetic people or people with no health problems because they could cause problems later in life. These are very common and often comfort food eaten,

Steps you can take to reduce your risk

The good news is that you can take steps to manage your blood glucose to help delay or prevent the onset of diabetes. While some risk factors cannot be changed (for example, your age or ethnicity), other risk factors such as your weight or activity level can be altered.

Finding the right diabetes diet can be tough when the main goal is to manage your blood sugar levels and keep them under control. Here's a list of the best Indian foods and carbs you can eat in diabetes along with super foods that help to control diabetes.

- ❖ Good carbs for diabetes
- ❖ Skimmed milk
- ❖ Low-fat yogurt
- ❖ Cooked black beans
- ❖ Chick peas
- ❖ High-fiber whole fruits such as apples, pears, peaches, and berries
- ❖ Vegetables like squash, peas, broccoli, sweet potatoes
- ❖ Non-starchy vegetables
- ❖ Broccoli
- ❖ Whole grains such as whole grain pasta, whole grain rice, quinoa, couscous, brown rice
- ❖ Whole grain bread
- ❖ Best Indian foods for diabetes
- ❖ Seeds – flaxseeds, sesame seeds, watermelon seeds, muskmelon seeds, fenugreek seeds
- ❖ Millets
- ❖ Bitter gourd
- ❖ Legumes
- ❖ Brown rice

Spices like cinnamon, ginger, cumin, black pepper, coriander, curry leaves

A list of foods that is ideal for type 1 and type 2 diabetes to help prevent the complications of diabetes like heart disease, kidney disease, and eye problems.

Best foods to control diabetes

- **Fatty fish** – contains omega-3 fatty acids that helps reduce inflammation and other risk factors of stroke and heart attack

- **Leafy greens and green vegetables**– rich in antioxidants and nutrients that help to protect your eyes and heart
- **Cinnamon** – improves blood sugar levels, cholesterol, insulin sensitivity
- **Eggs** – control and promote normal blood sugar level, keeps you feeling full and protects eye health
- **Turmeric** – helps reduce inflammation and blood sugar levels, protects heart and kidneys against diseases
- **Greek yogurt** – reduces the risk of heart diseases, maintains normal blood sugar levels and helps with weight management
- **Nuts** – Walnuts are a healthy snack for diabetes as they are low in digestible carbs, help blood sugar, LDL levels and insulin
- **Extra-virgin olive oil** – high in healthy oleic acid, protects heart health and beneficial for blood pressure
- **Apple cider vinegar** – improves insulin sensitivity, keeps you feeling full for a long time and helps maintaining the normal blood sugar levels
- **Garlic** – helps with managing blood sugar levels, blood pressure, cholesterol, and systemic inflammation

Conclusion

Diabetes is a chronic disease characterized by high blood sugar levels . Glucose is the main source of energy for human body cells. However, in diabetics, the glucose cannot be used by the body.

The level of sugar (glucose) in the blood is controlled by the hormone insulin, which is produced by the pancreas . However, in diabetics, the pancreas is unable to produce insulin according to the body's needs. Without insulin, the body's cells cannot absorb and process glucose into energy.

Glucose that is not properly absorbed by body cells will accumulate in the blood. This condition can cause various disorders in the organs of the body. If not properly controlled, diabetes can cause life-threatening complications.

Diagnosis Diabetes

The symptoms of diabetes usually develop gradually, except for type 1 diabetes where the symptoms can appear suddenly. However, because diabetes is generally not diagnosed in its early stages, it is recommended that people who are at risk of developing the disease undergo regular check-ups, especially in the following groups:

People over 45 years of age

Women who have had gestational diabetes while pregnant

People who have a body mass index (BMI) above 25

People who have been diagnosed with prediabetes

A blood sugar test is an absolute test to diagnose type 1 or type 2 diabetes. The results of a blood sugar measurement will show whether a person has diabetes or not. The doctor will recommend that the patient undergo a blood sugar test at a certain time and with a certain method.