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“BEST FOOD CHOICE FOR DIABETES: A REVIEW”

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ABSTRACT

People with diabetes have nearly double the risk of heart disease and are at a greater risk of developing mental health disorders such as depression. But most cases of type 2 diabetes are preventable and some can even be reversed. Taking steps to prevent or control diabetes doesn't mean living in deprivation; it means eating a tasty, balanced diet that will also boost our energy and improves our mood. We don't have to give up sweets entirely or resign you to a lifetime of bland food. Here is the review of the food varieties with respect to diabetes.

Key Words:

Diet, Diabetes

INTRODUCTION:

Type 2 diabetes is the most common form of diabetes, accounting for about 95% of all cases. The basic problem is that the body's cells can't soak up enough glucose, so glucose stays in the blood. In addition, the pancreas may not produce enough insulin and the insulin may not work properly. This can cause serious complications throughout the body, including heart disease; high blood pressure and kidney, eye and nerve damage. Once called adult – onset diabetes, type 2 is becoming increasingly common in children¹, probably because kids are becoming more and more overweight. Being overweight is the single most important contributor to its development, and losing weight is the single most important step in getting it under control. Excess body fat is a contaminant in our fuel system. Glucose or blood sugar is the fuel that powers our body. Normally, glucose, which we get from the food we eat, has no problem making its way into our cells from the blood stream. But body fat mucks up the process. It does its devilish work by releasing substances called free fatty acids into the blood.

Free fatty acids have at least two undesirable effects. One is to cause cells to ignore the glucose and leave it floating in

our blood, which is what diabetes is all about. The other is to cause our pancreas to produce less insulin, a hormone that cells need in order to absorb glucose.

Losing weight is like cleansing our fuel system, so we use energy more efficiently. The lesser body fat we have, the fewer fatty acids will circulate in blood stream which will lead to lower blood sugar.

It is necessary to design diet plan to control blood sugar as well as lose weight, for that we have to choose the best and the worst foods from major food groups and it is necessary to know approximate calories of all food groups.

AIMS & OBJECTIVES:

1. To study diet plan for type II diabetes.
2. To compile the references regarding best and worst diets for type II diabetes.
3. This study will be helpful to choose best diet options for an individual.

MATERIAL AND METHODS:**Planning a diabetes diet:**

A diabetic diet doesn't have to be complicated and we don't have to give up all our favorite foods. The first step to making smarter choices is to know the facts about eating to prevent or control diabetes.

1. Don't avoid sugar at all. You can enjoy your favorite food as per your plan and limit hidden sugar.

2. The type of carbohydrates and the amount should be monitored, focus on whole grain instead of starch as a source of carbohydrates, as they are high in fibers and digested slowly, keeping blood sugar levels more even.
3. We have to maintain healthy eating habits.
4. A healthy diet includes protein, carbohydrates, and fats. Our bodies need all three to function properly. The key is a balanced diet².

As with any healthy eating program, a diabetic diet is more about your overall dietary pattern rather than obsessing over specific foods. Aim to eat more natural, unprocessed food and less packaged and convenience foods.

Eat at regular set timings:

Our body is better able to regulate blood sugar levels and our weight when we maintain a regular meal schedule. Aim for moderate and consistent portion sizes for each meal.

Start your day off with a good breakfast. It will provide energy as well as steady blood sugar levels.

Eat regular small meals—up to 6 per day. Eating regularly will help you keep your portions in check.

Keep calorie intake the same. To regulate blood sugar levels, try to eat roughly the same amount every day, rather

than overeating one day or at one meal, and then skimping the next. Use balanced diet with all the food items included. Following table shows approximate calories from a gram.

Table no. 1

Sr. No.	Food Item	Per gram
1.	Cereals	3.0 kcal
2.	Pulses	3.0 kcal
3.	Vegetables	0.6 kcal
4.	High Calorie roots and tubers (Sweet potato, potato, colocasia, yam)	1.0 kcal
5.	Other roots and tubers	0.3 kcal
6.	Green leafy vegetables	0.4 kcal
7.	Milk	0.9 kcal
8.	Skimmed milk	0.3 kcal
9.	Cream	3.0 kcal
10.	Animal foods	1.0 kcal
11.	Khoa (from whole milk)	4.0 kcal
12.	Cheese	3.0 kcal
13.	Spices	3.0 kcal
14.	Sugar	4.0 kcal
15.	Butter	7.0 kcal
16.	Oils/Ghee/Vanaspati	9.0 kcal
17.	Nuts and oil seeds	6.0 kcal
18.	Eggs	86 kcal/egg

Following chart suggest best food choice for diabetes and food that should be avoided.

Sr. No	Food	Best (Prefer)	Worst (Avoid)
1	Cereals	Wheat, <i>ragi</i> , <i>bajra</i> , rice (use whole grain flours and whole grains like brown rice)	White flour, white rice, white bread, cake, pastries, <i>naan</i> , roti, <i>Roomali</i> roti, noodles.
2	Pulses	Whole and sprouted and <i>dhals</i> .	
3	Vegetables	Green leafy vegetables and other vegetables.	Roots and tubers fried vegetables, banana chips, canned vegetables.
4	Fruits	Fresh fruits	Dried fruits, canned fruits and syrup.
5	Dairy products	Low fat milk, buttermilk	Whole milk, milk powder,

		, skimmed milk	cheese, butter, <i>khoa</i> , condensed milk, milk cream.
6	Animal food	Fish (white egg)	Chicken, egg, yolk, prawns, shrimps, all type of meats.
7	Fat	More than one type of vegetable oil.	Butter, ghee, coconut oil <i>vanaspati</i> , deep-fried foods.
8	Beverages	Fresh fruit juice without sugar, light tea.	Alcohol, coffee, cola, soft drinks.

CONCLUSION:

Most vegetables contain fiber and are naturally low in fat and sodium. Fruits have carbohydrates, vitamins, minerals and fibers. They are naturally low in fat and sodium. Milk has a lot of protein and minerals including calcium. So for low calorie diets, cut down cereals, fats, cream, sugar. Use more vegetables, fruits, pulses, skim milk.

If your last diet attempt wasn't a success, or life events have caused you to gain weight, don't be discouraged. The key is to find a plan that works with your body's individual needs so that you can avoid common diet pitfalls and find long-term, weight loss success.

References:

- 1.https://en.wikipedia.org/wiki/Type_2_diabetes
- 2.https://en.wikipedia.org/wiki/Diabetes_management

