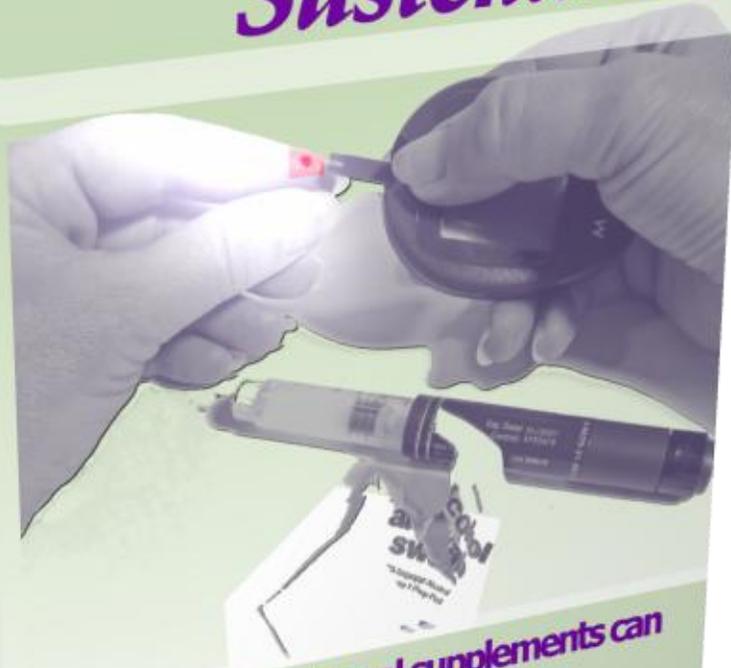


# *Diabetes Sustenance*



**Learn how nutritional supplements can  
control sugar levels**

*Learn how nutritional supplements can  
control sugar levels*

# Terms and Conditions

## **LEGAL NOTICE**

The Publisher has strived to be as accurate and complete as possible in the creation of this report, notwithstanding the fact that he does not warrant or represent at any time that the contents within are accurate due to the rapidly changing nature of the Internet.

While all attempts have been made to verify information provided in this publication, the Publisher assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein. Any perceived slights of specific persons, peoples, or organizations are unintentional.

In practical advice books, like anything else in life, there are no guarantees of income made. Readers are cautioned to rely on their own judgment about their individual circumstances to act accordingly.

This book is not intended for use as a source of legal, business, accounting or financial advice. All readers are advised to seek services of competent professionals in legal, business, accounting and finance fields.

You are encouraged to print this book for easy reading.

**[Click Here To Learn More](#)**

# Table Of Contents

Foreword

Chapter 1:

***Principles of Diabetes Nutrition***

Chapter 2:

***Your Diabetes Nutrition & Meal Plan***

Chapter 3:

***Start With What You Eat***

Chapter 4:

***Nutrition That Cuts Out the Sugar***

Chapter 5:

***Dining Out for Diabetics***

Chapter 6:

***Natural Remedy to Control Sugar Levels***

Chapter 7:

***Root Vegetables and Fruits for Diabetics***

Wrapping Up

[Click Here To Learn More](#)

# Foreword

Diabetes is already a fairly complicated medical condition and to further confuses the patient with a variety of nutritional information that might not even help and would have rather disastrous results. Get all the info you need here.



## ***Diabetes Sustenance***

Learn how nutritional supplements can control sugar levels

**[Click Here To Learn More](#)**

# Chapter 1:

## *Principles of Diabetes Nutrition*

---

### **Synopsis**

Most diabetic patients are unaware of the extent the nutrition taken benefits or creates side effect for them. Therefore there is a need to ensure all nutritional supplements are taken with the approval of the consulting physician.



## **Nutrition**

It is hoped that with the correct nutritional recommendation the patient will be able to attain and maintain optimal metabolic rates thus regulating the blood glucose levels to a normal range or at least to a more acceptable level.

These will the help to prevent or possibly reduce the risk of other related complication that diabetes bring on. Proper nutrition regiments for diabetes is also intended to ensure a lipid and lipoprotein profile is maintained to reduce the risk of macro vascular disease.

The nutrition choice is also designed to help create optimum blood pressure levels that will in turn help to reduce the risks of vascular diseases.

Nutrition regiments are also expected to help prevent and treat the chronic complications of the diabetic patient. The nutritional recommendations are modified to ensure a better lifestyle so that the diabetic patient can avoid possible obesity, dyslipidemia, cardiovascular diseases, hypertension and nephropathy. The nutritional intake would also require the patient to have an adequate amount of physical activity incorporated in to the lifestyle to ensure there is no possibility of the nutrient being retained in the system and build up to cause more problems.

It should be noted that there are several different categories and levels of diabetic problems, and as such each case may differ from the next. This would mean any nutrition diet plan prescribed has to be custom fitted to the individual patient's needs.



# Chapter 2:

## *Your Diabetes Nutrition & Meal Plan*

---

### Synopsis

Although a diabetes food plan can be quite challenging to plan it does not have to be boring or tasteless, with a little guidance a diet plan that is both appetizing and nutritional can be drawn up.



## **Diet Planning**

A dietetic diet plan should ensure all the carbohydrates eaten during a daily diet is well spread out so as not to overwhelm the body's system. This is important as it helps to ensure the blood sugar levels are kept in control, therefore the need to keep track of what is being consumed.

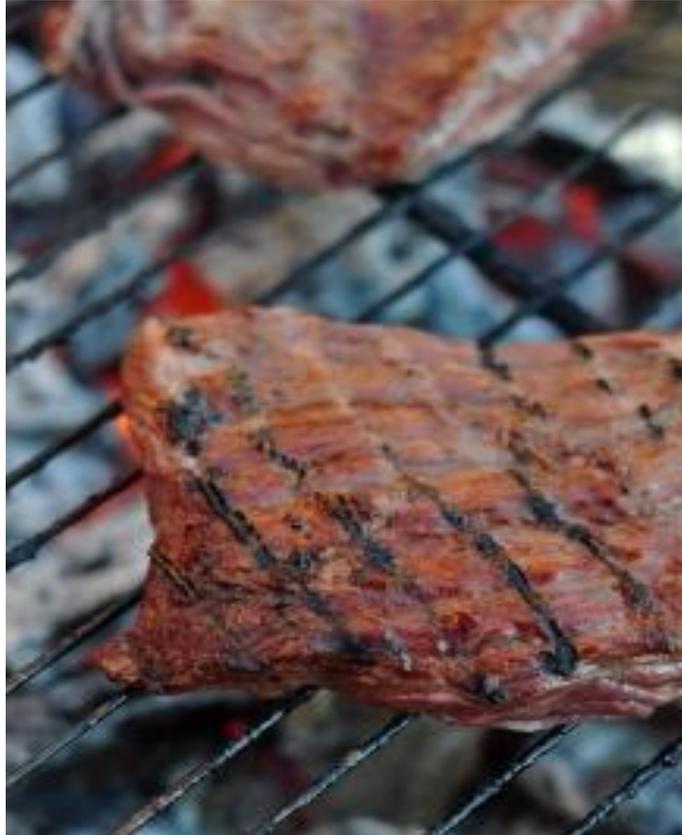
The amount of carbs taken can also be regulated with the use of insulin and through exercise. Most diabetes also have to be concerned about the sodium content of the foods they consume as it can have negative effects on the high blood pressure already present in most diabetic patients.

Therefore those with the added medical condition of hypertension would be wary of the sodium intake. For the diabetic with high levels of lipids the consumption of saturated fats, cholesterol and trans fats would be kept monitored.

When attempting to design a meal plan for a diabetic some points should be taken into consideration. These may include ensuring the calories intake is kept to about 10% to 20% from a protein source.

Meats such as chicken and beef should be considered over other choices. About 25% to 30% of the calories should come from fats however foods with saturated and trans fats should either be avoided or eaten in moderation. 50% to 60% of calories should come from

carbohydrates. Eating lots of green and orange vegetables will help to keep the balance, and these would include carrots and broccoli. Eating brown rice or sweet potatoes instead of opting for white rice and regular potatoes is also recommended as a more nutritional choice.



[Click Here To Learn More](#)

# Chapter 3:

*Start With What You Eat*

---

## Synopsis

When a person is first diagnosed with the medical condition called diabetes, it may seem really like the end of the world as they know it, but this is not necessarily so.



## **Your Diet**

With some careful life changing adjustments which is mainly focused on the diet and a suitable exercise program, the diabetic can lead a healthy and wholesome life.

As with all other conditions be it medical or otherwise keeping a healthy diet plan and a good and suitable exercise regiment will usually bring forth the desired effects of a healthy body and mind. However for the diabetic there maybe some further concessions that needs to be made.

Diabetics are usually advised not to consume any while foods and to watch their intake of carbs carefully and on a regular basis. However the practice of eating apples has been found to help reduce the body's need for insulin as apples contain pectin which helps the body to detoxify.

Another fruit that is often recommended as suitable for diabetics is the pomegranate. The sugar content in the fruit does not in any way effect the blood sugar in a diabetic patient and it also decreases the risk of atherosclerosis.

As for spices, it has been noted that cinnamon and garlic are very good for diabetic patients to include in their daily diet plan. The cinnamon contains MHCP which gives fat cells new life and also helps these cells to respond better to insulin while getting rid of the glucose

in the blood. The garlic contributes to keeping diabetes under control by regulating and controlling the blood sugar levels when necessary.

Oatmeal is another good item to include in the dietary plan of a diabetic patient. Considered a good carb the fiber makeup of this item allows good digestion and keeps the blood sugar levels stable.



# Chapter 4:

## *Nutrition That Cuts Out The Sugar*

---

### Synopsis

Cutting out sugar altogether may be a rather drastic measure, but if there is a diabetic medical condition than this is certainly not an option but it is a necessity. However all is not lost as there are ways to cut out the sugar content of a food item without making the said item tasteless or boring.



## **Cutting The Sugar**

For breakfast choices such as cereal opting to add cinnamon, dried berries, apricots or any other dried fruits will help to bring about a natural sweetened flavor that would be better for the blood sugar levels of a diabetic patient. Another trick that can be used when trying to decrease or eliminate the use of sugar, is using a raspberry or strawberry homemade sauce on waffles and pancakes instead of sweetened syrup or a dusting of sugar.

Whenever possible substitute sugar for fruit purees as these contain natural sugar and is also a better alternative for a diabetic patient. This is especially useful when there are recipes that call for the adding of one or more cups of sugar as their measurements for ingredients.

When it comes to preparing vegetable dishes combining some sweeter vegetables with other strong flavored one will help to give off a hint of sweetness which is not only pleasant but also help to enhance the overall taste of the dish.

These may include a combination of carrots with ginger, mashed sweet potatoes with cinnamon, spinach with nutmeg and any other combination that the individual may find interesting and pleasing.

When it comes to purchasing pre prepared food items sourcing for the ones with accurate labeling will allow the diabetic patient to

make informed decisions and purchase products that don't have high sugar content or at the very least have artificial sweeteners. It is possible to eventually cut out sugar altogether if some effort is made to do so gradually and not all at once.



# Chapter 5:

## *Dining Out For Diabetics*

---

### Synopsis

Besides the daily doses of insulin and a good exercise regiment, all food intake needs to be carefully monitored for a diabetic patient. All these efforts are to help control the blood glucose levels, thus the need to be extra careful.



## Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

