



مؤسسة الرعاية الصحية الأولية
PRIMARY HEALTH CARE CORPORATION



Diabetes and Healthy food

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Eating well is one of life's greatest pleasures. People with diabetes can eat the same foods the family enjoys. With manage to blood glucose, blood pressure and cholesterol.

Healthy Eating to Control Diabetes



A key step to preventing and controlling diabetes is eating right correctly. Eating in moderation, sticking to regular mealtimes, and eating a variety of fruits, vegetables, and whole grains is the key to a good diabetes diet.



Eating right for diabetes

- You should eat mostly plant foods, cut back on refined carbs and sugary drinks, and choose healthy fats over unhealthy fats.
- You should eat at regular times so your blood sugar levels will stay more constant.
- You should keep your portion sizes of eating in check! Even if you eat healthy meals.

Basic rule when eating sweets

Eating sweets at a meal adds extra carbohydrates. Because of this it is best to cut back on the other carb-containing foods at the same meal.

Tricks for cutting down on sugar

- Healthy substitutions. Water for soda, a bowl of frozen fruit instead of ice cream, one slice of cheese instead of cake, fruit instead of pie.
- Share dessert with a friend
- Reduce or eliminate the amount of sugar called for in recipes.

1- Fiber matters!

Fiber is the part of plants that your body can't digest. It is found in fruits, vegetables, whole grains, beans, nuts and seeds.

Fiber's importance in preventing and controlling diabetes:

- Improves your blood sugar control and thus may reduce the risk of diabetes.
- Fiber intake is associated with a lower risk of heart disease.
- Fiber helps you feel full, so may even promote weight loss.

2 - Traditional eating habits

Your body is able to regulate blood sugar levels and weight by maintaining regular schedules for main meals and snacks. The moderate and fixed quotas for each meal are very important.

- Breakfast - A good breakfast will help you have energy as well as steady blood sugar levels.
- Small meals at regular times will help you to keep your portions in check.
- Calorie intake - Eat roughly the same amount of calories every day, rather than overeating one day or at one meal
- Listen to your body - Stop eating when you feel 80% full..

What is the Diabetes Diet meal plan?

Meal plan diabetic diet is a guide that informs you about the food amount and the types that you can choose to eat during the main meal times or snacks.

The Diabetes Diet meal plan should fit with timelines and your eating habits, the number of calories and Glycemic index.

Meals can help you plan the right improvement in blood sugar, blood pressure, cholesterol, and maintaining your proper weight. Whether you need to lose weight or maintain it, the meal plan will help you to measure your blood sugar or Glycemic index. It will help you also to increase the intake of food that contains carbohydrates to blood sugar.

Note: Either glucose or white bread. Food with Glycemic index raises blood sugar more than the food with mild or average Glycemic index.



3- Choose your fats

People with diabetes are at higher risk for heart disease, so it is even more important to be smart about fats.

- **Unhealthy fats** – The two most damaging fats are saturated fats and Trans fats. Saturated fats are found mainly in animal products such as red meat, whole milk dairy products, and eggs. Trans fats, also called partially hydrogenated oils, are created by adding hydrogen to liquid vegetable oils to make them more solid and less likely to spoil which is very bad for you.
- **Healthy fats** – The best fats are unsaturated fats, which come from plant sources and are liquid at room temperature. Primary sources include olive oil, canola oil, nuts, and avocados. Also focus on omega3- fatty acids, which fight inflammation and support brain and heart health. Good sources include salmon, tuna, and flaxseeds.

4- Remember to stay healthy with diabetes

- Follow the healthy eating plan that you and your doctor or dietitian have worked out.
- Be active a total of 30 minutes most days. Ask your doctor what activities are best for you.
- Take your medicines as directed.
- Check your blood glucose every day. Each time you check your blood glucose, write the number in your record book.
- Check your feet every day for cuts, blisters, sores, swelling, redness, or sore toenails.
- Brush and floss your teeth every day.
- Control your blood pressure and cholesterol.
- Don't smoke.



Primary Health Care

Corporation plays important role in achieving better health and well-being for the people of Qatar. PHCC is devoted to comprehensive health care for people of all ages by providing continuing and broad health care for the individual and family across all ages, genders, diseases, and parts of the body. With Primary Health Care Corporation on your side you have a partner to guide you and help you manage your health.

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