

Diabetes Care: Diet And Exercising Habits Are A Must For Diabetics

Diabetes and care- there cannot be a better combination of words, in the world of diabetes! Your doctor may examine and advise you for some time on diabetes during your visits to his clinic or his visits to your residence. But, you are your own doctor for 24 hours, all through the months and years with diabetes. Don't despair. You can fight it out with proper care. The two words that stand uppermost in diabetes care are diet and exercise! If you are disciplined in these two areas, half of your battle is won! Know that 50 to 60 percent of daily calories come from carbohydrates, 12 to 20 percent from proteins, and not more than 30 percent from fats. As for diet, let the balance weigh heavily in favor of fruits, vegetables and lots of fiber. More intake of fiber will help you immensely. Give up your past habit of taking heavy meals. Take food in small quantities, as and when you are hungry. Extremely high or low blood glucose levels need to be avoided. As for losing weight, "slow and steady wins the race". You have already consulted your doctor, you strictly go by the norms given to you and you lose two pounds per week. Very good! That's a good progress. The risk of heart diseases and liver problems is always there for diabetics. The food items that are major sources of saturated fats must be avoided. Olive oil is often recommended as a good source of mono-unsaturated fat, the healthiest type of fat. You must remember the following points, which are your lifelines: 1. Maintain the normal blood glucose level. 2. You have the possibility of heart and liver diseases. Limit your food items from this point of view. 3. Maintain the desired level of weight. With all the emphasis on diet, research on influence of various types of foods on the diabetes patients is still unabatedly going on. Researchers in this area are the most confused lot. They are certain about effects of some items of food. Vague opinions also float. For example, the researchers are sure that cooked foods raise blood glucose higher than the raw foods. Whether foods with sugar raise blood glucose higher than the foods with starch, is still uncertain! Diabetes care will, perhaps be a hot subject for times to come- so far, diabetes is alive and kicking!

About the Author

Producers of healthy soft drinks with no carbohydrates, calories, caffeine.

Source: <http://productsherbal.com>