

DIABETES

Frequently Asked Questions (FAQs)



This brochure will provide you the information about Diabetes diet. It is designed to respond to questions most frequently asked by patients.



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Q. What fruits can I eat?

A. You can eat any fruit as long as it is taken in limited portions.

Q. Can I drink fruit juices?

A. Fruit juices should be regarded as a sugar containing drinks and should be avoided, because generally, fruit juices contain high amounts of carbohydrates and calories, and little or no fiber.

Q. Why should I eat bran bread?

A. Bran bread contains fiber, which helps maintain blood sugar.

Q. What foods can I eat in larger quantities?

A. The key to healthy living is moderation. If you can control the portions of the food you eat, you will be able to eat a wider variety of foods. Vegetables like lettuce and other raw vegetable can be eaten in filling quantities as fresh salad.

Q. How does losing weight help diabetes?

A. Weight loss helps people with diabetes in two important ways: Firstly, it lowers insulin resistance makes internal insulin (produced by the body) or external insulin (taken through medication or injections) more effective in reducing glucose in the body; Secondly, it improves blood fat and blood pressure levels. People with diabetes are about twice as likely to get heart diseases than people without diabetes. Lowering blood fats and blood pressure is one way to reduce that risk.


Q. How much weight should I lose each week?

A. Limiting your weight loss to half to one pound per week will keep you healthy.

Q. How can I reduce fat from my diet?

A. Here is some hints, but always see a dietician or a nutritionist for advice:

- Choose non-fat or low-fat dairy selections, such as non-fat or 1% milk, or low-fat cheese.
- Keep portion sizes small.
- Avoid fried foods bake, grill, broil, or roast vegetables and meat instead.



Q. Are some fats better than others?

A. Yes, monounsaturated fats are the healthiest for your body. Nuts like almonds, cashews, hazelnuts, and peanuts contain this type of fat but they are still rich in calories and would cause weight gain if used in more than they required amount.

Q. Which type of oil is best for cooking?

A. Canola or corn oil for cooking. Olive oil can also be use for cooking but not recommended for typical Pakistani cooking, in which food is cooked on high temperature.

Q. Can a person with diabetes eat rice or *biryani*?

A. You are allowed to eat rice as long as the portions are controlled. For example, the amount of carbohydrates in a medium-sized chapatti is equal to one cup of boiled rice. *Biryani* contains lots of fat and is usually consumed in large quantities, so it should be avoided.

Q. Can I use low calorie sweeteners?

A. Low calorie sweeteners are safe for everyone except people suffering from a metabolic disease called, phenylketonuria, as they cannot consume aspartame, one of the ingredients in some sweeteners. However, eating too much sweeteners can cause bloating and diarrhoea.

Q. Does bitter gourd (*karela*) help lower blood sugar?


A. *Karela* does contain some alkaloids which help lower blood glucose, but the amount is too little to be of medicinal value, so it should be eaten routinely like other vegetables.

Q. Can I eat vegetables like potatoes, carrots or radishes?

A. Yes, like any other vegetable, you can eat radishes and carrots, but in the form of raw salad. You can eat one medium-sized potato in your curry.

Q. How can I manage my blood sugar if I overeat at parties or during holidays?

A. Being more physically active helps lower your blood sugar, blood pressure and cholesterol. Physical activity uses up extra sugar in 0 your blood and helps insulin work better.



Q. Is it easier to manage glucose if I eat the same things every day?

A. Probably, but this method of blood glucose control is not very nutritious and may become boring. One of the keys to nutrition is to eat a variety of foods each day.

Q. Can I eat honey?

A. Yes, one teaspoon of honey can be eaten, however, it is better to ask a dietician or nutritionist beforehand.

Q. Can I eat foods with sugar in them?

A. People with diabetes can and do eat sugar. Refined sugar turns to glucose in your body, just like other foods such as corn or bread, which contain complex starches. However, with sugary foods, the rule is moderation because refined sugar causes a faster increase in your blood sugar levels than complex starches.

For more information, please contact:

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