

Role of Food in Diabetes Management

Diabetes is one of the most common chronic diseases in the United States, and number of new cases continues to increase here, as well as globally. Diabetes is a serious disease affects our body from head to toe. It cannot be cured but good news is that, it can be well managed to delay onset and /or progression of diabetes related complications.

Today, every person with diabetes can reasonably expect to live long and fairly normal life. There have been great strides made in diabetes care, including amazing medications which can be tailored to each individual. We understand this disease much better today than five or six decades ago.

Good diabetes care takes a team effort, therefore partner with your team-doctor, nurse, diabetes educator, and dietitian. Learn as much as you can, ignorance is not bliss. Get support from family and friends.

Complimentary foods can be incorporated to improve blood glucose but they are not substitute for medications. Consuming those foods more frequently will have added benefit not only in diabetes management but other related complications.

A healthy and balanced meal plan is very important for everybody but more so for people with diabetes. Diabetes does not mean that one has to give up their favorite foods. One can control blood glucose successfully by maintaining **optimal weight**, pay attention to **what** you eat and **how much** you eat. Learning what foods have higher impact on blood glucose can give you flexibility, variety and on occasion include favorite foods. Often times eating healthy and smaller portions is all it takes in diabetes management.

Learn to take charge of your diabetes rather than diabetes taking charge of you.

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Food as Medicine-Nutrition information and resources

Asha Jain Dietitian & Certified Diabetes Educator

Work on Seven Self-Care behaviors:

Healthy Eating

Being Active

Monitoring

Taking Medication

Problem Solving

Healthy coping

Reducing Risks

References and Resources

Center for Disease Control and Prevention

American Diabetes Association www.diabetes.org

American Dietetic Association www.eatright.org

American Association of Diabetes Educators

National Diabetes Education Program www.ndep.gov

Physicians Committee for Responsible Medicine www.PCRM.org

www.nufs.sjsu.edu/pdf/CarbCountSAsians.pdf

WWW.AAPI (American Association of Physicians from Indian origin)

www.cookinglight.com

www.aha.org

www.niddk/nih.gov

www.DLife.com

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