

The Right
—Dose—



Eat smart, control diabetes
The power of a well-crafted diet




If you live with diabetes, you know all too well how important it is to control your condition. But let's be real, eating healthy can sometimes feel like a drag. It can be difficult to stick to a healthy diet, especially when the temptation for certain high-calorie, high-sugar foods is always present.

Eat right, feel right

We know how tempting it can be to reach for those bagged chips or pre-packaged sweets. However, they are high in added sugars and unhealthy fats, which can contribute to blood sugar spikes. This doesn't mean that you can never enjoy them.

To support a healthy diet, here are a list of foods that you can enjoy on a special occasion, but in strict moderation and responsibly. Permission to indulge is not allowed for individuals who have uncontrolled glucose levels or for individuals who have no idea about their glucose levels.

Here is a list of foods that you can enjoy, but in moderation

-  Refined grains
-  Processed meats
-  Sweets and desserts

At the same time, enhance your diet by adding nutrient-rich foods to your daily meals such as

-  Whole grains
 -  Fruits and vegetables
 -  Lean proteins
-  Fibers
 -  Healthy fats

Given that no two people are the same, consulting a certified nutritionist is essential. They will consider your specific needs and preferences to design a personalized eating plan that works best for you. Also, keep in mind that while fruits are healthy and nutritious, overripe fruits can contain higher levels of natural sugars and can be harmful when consumed in excess.

Exercise and portion control

It is important to pay attention to portion sizes and frequency of your meals. Additionally, exercise improves insulin sensitivity, making it a vital part of any diabetes management plan. Aim for at least 150 minutes of moderate-intensity exercise per week.

Follow these steps to effectively reduce the risk of complications

-  Eat small, frequent meals
-  Take your medication
-  Monitor your blood sugar levels
-  Avoid excessive alcohol consumption and smoking

From boring to balanced

Diet, when prescribed and tailored by a certified nutritionist, can serve as a powerful prescription in regulating diabetes. You may not be able to eat everything, but it doesn't have to be boring either. Seeking guidance from a professional can help you design a personalized meal plan that meets your specific needs and goals. With a little bit of creativity and planning, you can live a healthy and enjoyable life with diabetes.

Disclaimer: The article is for informational purposes only and not intended to be a substitute for professional medical advice, diagnosis, or treatment.

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