

DIABETES DIET FOR INDIANS

Diabetes control is governed by following the right diabetic diet. What to eat and what not to eat is important for diabetes control and diabetes cure or diabetes reversal.

These are the top 15 diabetes diet tips from Diabetologists and nutritionists. Even if you are pre-diabetic or borderline diabetic, or diabetes is part of your family, it is important to follow a diabetic diet to prevent diabetes.

Diabetologist, Dr. Sanjiv Bhamhani with Moolchand Medcity suggests, "A diabetes diet should be high on fiber, must contain milk without cream, buttermilk, fresh seasonal fruits, green vegetables, etc." But remember to consume these components in moderation.

DIABETES DIET FOR INDIANS should have the ratio of 60:20:20 for carbs, fats and proteins. The doctor explains, "Per day calorie intake should be between 1,500-1,800 calories with a proportion of 60:20:20 between carbohydrates, fats and proteins, respectively." He adds that a diabetes diet should "have at least two seasonal fruits and three vegetables in a diet plan."

Though dry fruits may seem like a healthy snack, it is not a good option for diabetics, as the fructose can spike your sugar level. Go for fresh fruits rather than dry fruits for diabetes control (but there are some restrictions... we'll come to it). But you can still opt for nuts as a healthy snack.

THE DOCTOR SHARES HIS RECIPE FOR DIABETES DIET FOR INDIANS:

- Drink tomato juice with salt and pepper every morning on an empty stomach.
 - Intake of 6 almonds (soaked overnight) is also helpful in keeping a check on diabetes.
- Rekha Sharma, President and Director of Indian Dietetic Association, shares some major diabetes diet pointers that one should follow at home or at a restaurant.

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