

## Understanding a Diabetes Diet

If you've recently been diagnosed with diabetes, the doctor informed you that you'd need to make adjustments to your diet. Understanding what is entailed in a diabetes diet will go a long way to reassuring patients that they can maintain the normal, healthy lifestyle that they're used to. It's natural for many people to believe that they'll never be able to eat anything good again and that their diet will be bland and unappealing, but such is not the case with a diabetes diet. Education is the key to understanding how your body uses the food you eat, how that food is digested, and fats, carbohydrates and proteins relegated to perform various tasks and chores within your body systems. Many diabetics believe that they'll never be able to eat sugar again, but this is far from the truth. Sure, eating a piece of cake or cookies made with sugar will raise blood sugar levels. But did you know that sugar is also found in tomatoes and corn on the cob? A diabetes diet is not much different than the kind of normal, pyramid shaped nutrition diet that many people maintain on a daily basis. Sugars should always be ingested in moderation, whether you're on a normal or a diabetes diet. Maintaining a healthy weight is also important, not only to reduce the chances of developing diabetic, but also to enjoy as healthy of lifestyle as possible after being diagnosed. A diabetes diet has other benefits other than keeping blood sugar levels at acceptable levels; it helps prevent cardiovascular disease and high blood pressure. Men are especially concerned about restrictions while maintaining a diabetes diet, believing they can never have an alcoholic drink again. But as with desserts and other sugars, moderation is a key factor. Men on a diabetic diet are allowed two drinks a day, while women are allowed one. First however, make sure that any medications you take don't require total abstinence of alcohol. Many people on a diabetes diet believe that their glucose levels will be easier to maintain if they eat the same thing every day, but this option is neither exciting nor nutritious. People on a diabetes diet should avoid taking extra vitamins and minerals, as these may throw chemical balances within your body out of kilter. Eating a well-balanced diabetes diet should provide you with adequate amounts of these. A diabetes diet meal plan doesn't have to be bland or boring. A registered dietician will help you get started in the right direction soon after you're diagnosed with diabetes, offering suggestions on menu planning and food selection choices. Your diet will also be determined by such factors as whether you need insulin injections or take other oral medications. The bottom line is that people with diabetes that maintain a diabetes diet can eat and enjoy the same foods as other family members. A little extra planning and thought may go into a diabetes diet meal-planning process, but you can continue to eat your favorite foods in moderation.

## About the Author

A doctor will usually prescribe diet and exercise as part of diabetes treatment. This article details why regular exercise combined with a good diet will.

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