

## Management of TYPE 2 DIABETES MELLITUS



- **Reduce weight.**
- **Exercise-** walk/ do yoga or stretch while watching TV.
- **Reduce stress-** through exercise/ meditation.
- **Food**
  - **How to eat.**
    - Eat meals at fixed hours.
    - Do not overeat.
    - Do not eat immediately after a workout.
    - Make sure you have 3 proper meals with light snacks in between.
    - Eat about same amount every day.
    - Do not eat fast/ quickly/ or gobble food: chew and munch your food well before you swallow.
    - Drink enough water.
  - **What to eat**
    - **High fibre diet-** Soluble fibre, found in apples, kidneys, beans, oatmeal, soyabean etc help control diabetes. These are digested slowly and hence promote slow release of glucose in the system. They also trigger satiety that help in achieving weight loss goals for type 2 diabetes.
      - **Oats/ ragi.**
      - **Fruits-** watermelon/ papaya/ citrus fruits/ musk melon.
      - **Green vegetables.**
      - **Dry beans** and peas.
      - **Salad** inclusion in every meal (it increases roughage content and help in gut flora maintenance).

- **Bitter gourd**- contains high degree of “plant insulin”, lowering the blood sugars effectively. It can be taken in the form of juice in the morning. It can also be cooked and consumed. Else, powder of karela seeds can be consumed in teaspoon full dosage with water.

- **Fenugreek (methi)**- it is a very effective spice in controlling blood sugars. It can be had in teaspoonful dosage with water in the morning. Alternatively, the seeds can be soaked overnight and the water in which they were soaked can be had in the morning. A chutney made from methi seeds; sprouted, dried and powdered; mixed in chapatis, are other ways of using fenugreek seeds.

- **Indian blackberry (jamun)**- a very effective way in preventing and controlling diabetes, these fruits can be eaten for pleasure or their seed, powdered and consumed. It contains glucosides.

- **Garlic.**

- **Flaxseed**- one of the richest sources of omega 3 fatty acids. It helps control diabetes by maintaining the sensitivity of the cell membrane, facilitates insulin action and hence uptake of **glucose by cells**.

- **Cinnamon** solution- water extracts of cinnamon have been found to promote glucose metabolism and reduce cholesterol. The sticks can be boiled in water, strained and consumed.

- **Antioxidants**- complications of diabetes are exacerbated by free radical damage. Including antioxidants like **vit c** (as in lemon and other citrus fruits), **vit E, selenium, zinc and chromium (brewers yeast)** in your diet counter this effect.

- **Sprouts**- have activated enzymes that enhances nutritional value.

- Milk and eggs can be taken.

- Fat free **yoghurt** and cheese.

- **Feet** should be checked regularly for blisters, swelling etc which may go unnoticed due to diabetic nerve damage.
- **Medicines** should be taken on time and regularly.
- A good **sleep** helps in controlling sugar. An 8-hour sleep is optimal.
- Blood sugar levels should be **monitored** on a regular basis.
- Other **tests** like kidney function test, liver function test, heart function, eye check-up for early detection of diabetic retinopathy etc should be done regularly.
- Body **weight** should be checked periodically.

### Don't for diabetics/ avoid the following

- **Overeating**- it is best to avoid it.
- **sedentary lifestyle**- engage in regular exercise.
- **Stress.**

- Diet
  - White rice should be avoided and can be substituted for red rice.
  - Sweets.
  - Food made from refined flour/ maida.
  - Fruits that are high in sugars like grapes/ mangoes/ sapota/ avocado/ banana.
  - Fried food and sweetmeats.
  
- Avoid Alcohol.
- Stop smoking.

### **Suggestion**

- If you are prone to hypoglycemia always carry candies with self while travelling.
- Carry a card in your pocket mentioning your condition, name, address, emergency contact and that you need some sugar to recoup.
- Monitoring and treatment are best done under guidance of a medical practitioner.

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