

DIABETES HEALTH

A go-to guide
for a Diabetic

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INTRODUCTION

Diabetes, one of the most widespread diseases in the world is a cause of worry for many. There are not one but many factors involved in its prevention & control and it is necessary to know them so as to manage this disease effectively & set yourself up for successfully living with diabetes. After reading this book you will have necessary knowledge about :

- Diabetes & it's various symptoms & risk factors.
- Successfully managing your weight with diabetes.
- Create healthy meal plans that won't cause havoc on your blood sugar.
- Create an exercise plan that is right for you.



DIABETES

WHAT IS DIABETES?

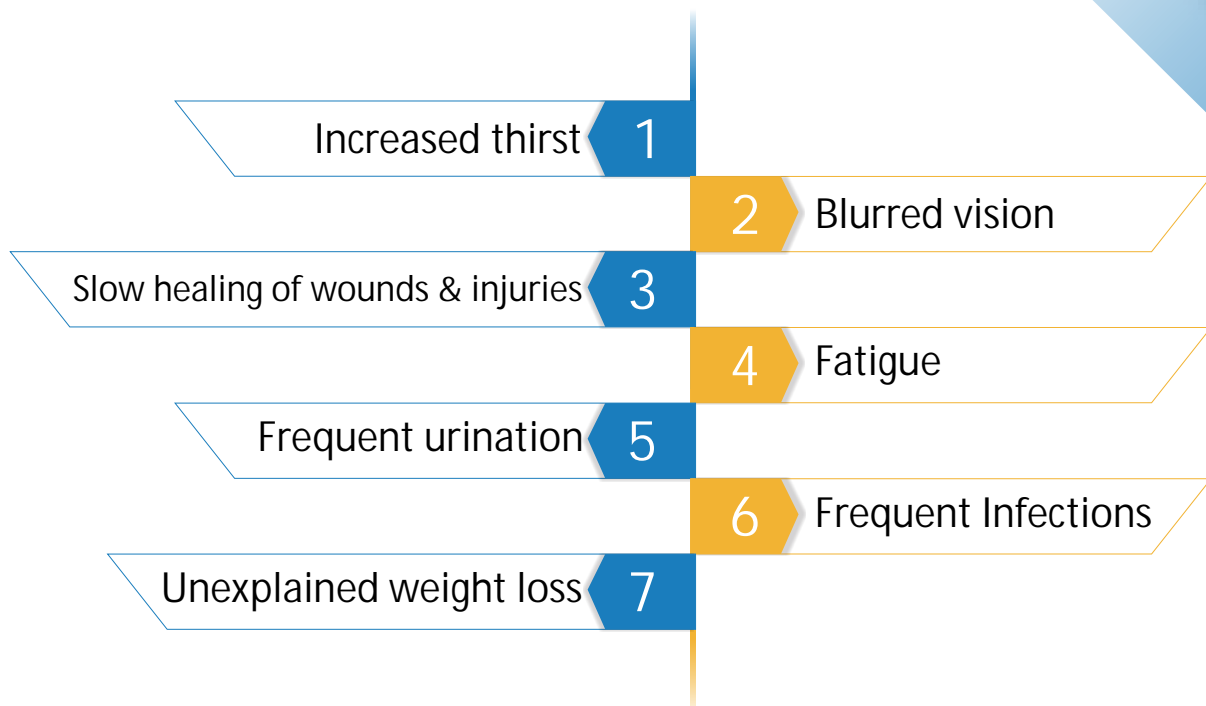
Simply put, Diabetes is a condition in which your blood glucose or sugar level increases. You can also have prediabetes. This means that your blood sugar is higher than normal but not high enough to be called diabetes. In Diabetes either your body does not make insulin, a hormone that helps glucose get into the cells, or is not able to use insulin well enough.

Diabetes causes serious problems in eyes, kidneys and nerves. It can also cause heart diseases, stroke and even removal of limb if it gets worse. Pregnant women can also become victims to this disease.

SYMPTOMS



It is very important to know and identify the early signs and symptoms of this disease so as to get it under control as soon as possible. The various symptoms that give indication of Diabetes are :-



✔ DO'S & ✘ DON'TS FOR A DIABETES DIET

You can manage and control your diabetes effectively if you make smart food choices. These smart choices will help you keep your blood sugar in control. Here's what you should choose and the one's you should avoid for controlling this disease.

1. STARCH

- ✔ : Eat more of whole wheat bread and rotis, brown rice, and oats.
- ✘ : White bread, chips, and pastries, white rice, deep fried foods & Indian sweets

2. FRUITS

- ✔ : Small servings of peaches, apples, oranges, berries, kiwi, & other fruits.
- ✘ : Any form of processed fruit, jellies & fruit juices with added sugar

3. VEGETABLES

- ✔ : Spinach, tomatoes, cucumbers, broccoli, sprouts, cauliflower, & all green leafy vegetables
- ✘ : Fried vegetables which add extra calories , carbs & fat

4. DAIRY

- ✔ : Low-fat & unflavoured dahi, milk, paneer and cheese
- ✘ : Full-fat dairy products

5. PROTEIN

- ✔ : Eggs, Skinless chicken, fish, all the pulses, rajma, tofu, skimmed paneer.
- ✘ : Processed or frozen meat and fatty cuts of meat like sausages & hot-dogs



DIABETES PREVENTION

Diabetes isn't preventable as it is caused by a problem with the immune system & some other causes such as your genes or age that aren't under your control either. But still there are many other risk factors that we can control and prevent this disease from becoming more serious and worse. Some of these are :-

- Get at least 150 minutes per week of aerobic exercise, such as walking or cycling.
- Cut saturated and Trans fats, along with refined carbohydrates, out of your diet.
- Eat more fruits, vegetables, and whole grains.
- Eat smaller portions.
- Try to lose 7% of your body weight if you're overweight or obese.



EXERCISES BENEFICIAL FOR A DIABETIC

Exercises will help you keep your weight in control and balance your blood sugar levels. These exercises will fit perfectly into your daily routine but be sure to consult your Doctor before going in for any of these.

WALKING

Brisk walking done at a pace that raises the heart rate is an aerobic exercise, and studies show beneficial effects when people with diabetes participate in aerobic activities at least three days a week.

STRENGTH TRAINING

Weight training helps build muscle mass which helps in maintaining blood sugar. Plan for resistance exercise or weight training at least twice a week as part of your diabetic management plan.



SWIMMING

Swimming is another aerobic exercise—and an ideal one for people with diabetes because it doesn't put pressure on your joints. Swimming also is easier on your feet than other forms of exercise, such as walking or jogging.

YOGA

Yoga can benefit you in several ways. It can help lower body fat, fight insulin resistance, and improve nerve function — all important when you have Diabetes.

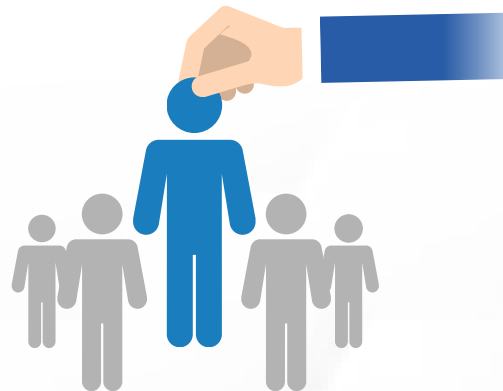
STATISTICS & FACTS

1 in 11 adults in the world have diabetes



India is the diabetes capital of the world

One in every 5 Diabetics in the world is an Indian



50%

Exercise and diet can either reduce or delay the incidence of diabetes by over 50%

1 In 2 people with Diabetes DO Not Know they have it



So, having the right knowledge and tools can help you control your blood sugar levels and thus manage your diabetes through a routine that can fit well into your daily life. Instead of worrying about Diabetes, knowing about Diabetes will be of much more help.



For more information on Diabetes
Pain Relief & other
health-related issues

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