

FOODS THAT DIABETIC PATIENTS CAN EAT

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Abstract

This thesis covers the principles of rational and safe nutrition for patients with diabetes. Products that are important in maintaining stable blood glucose levels, their glycemic index, and the ratio of carbohydrates, proteins, and fats in their content are analyzed. Also, the positive effects of vegetables, low-fat dairy products, whole grain foods, and dietary protein sources on the health of patients with diabetes are shown. Special attention is paid to reducing the risk of complications and improving the quality of life through proper diet planning. Thus, this topic teaches how to take the sweet life under intelligent control, without prohibiting it.

Keywords

Diabetes, diet, glycemic index, carbohydrate metabolism, proper nutrition, blood glucose, diabetic diet.

A normal person's diet should include fruits, vegetables, lean protein, less sugary foods, and completely avoid trans fats. The same diet applies to someone with diabetes or any other health condition, with slight variations depending on the person's activity level.

Diabetes is a lifelong condition. However, that doesn't mean a person should feel deprived. There are many options for making healthy eating choices.

While sugary and processed foods can spike glucose levels, people can eat these foods in smaller amounts and include them in a balanced eating plan.

It is very important for diabetic patients to monitor their carbohydrate intake as they are the main culprits in increasing blood sugar levels.

Therefore, a person with diabetes should consult a dietitian to plan a diet course based on various factors, including the type of diabetes, medications, and the amount of physical activity required.

Below is a list of foods that should be included in the diet of people with diabetes.

Leafy greens: Leafy greens like spinach are a good source of essential nutrients, vitamins, and minerals. They are a plant-based source of calcium, potassium, and vitamin A, along with protein and fiber. They also have a minimal impact on blood sugar levels.

In addition to spinach and kale, broccoli, spinach, kale, bok choy, and collard greens are all good sources of green leafy vegetables that are beneficial for people with diabetes. The best way to include them in your diet is in the form of salads, soups, or side dishes. You can also pair them with a lean protein source like tofu or chicken.

Whole grains: Whole grains are much better than refined white grains because they contain dietary fiber, which can help reduce the risk of diabetes. They are also good for diabetics because fiber slows down the digestive process and stabilizes blood sugar levels.

Brown rice, rye, whole grain bread, bulgur, whole grain pasta, millet, buckwheat, quinoa are rich sources of fiber and can replace white bread or white pasta.

Legumes: Beans are a great food for people with diabetes, as they have many health and nutritional benefits beyond blood sugar control. Beans are a great source of vitamins, minerals, fiber, and antioxidants. Although beans are a complex carbohydrate, they should be eaten in moderation.

Eating beans in salads can help with weight loss, regulate blood pressure and cholesterol. Kidney beans, adzuki beans, pinto beans, navy beans and black beans are types of beans that contain important nutrients such as iron, magnesium and potassium.

There are many ways to add beans to your diet, such as in tortilla wraps, baked goods, or chili. If you use canned beans, buy them without added salt, and rinse them with water to remove any added salt.

Conclusion. For patients with diabetes, proper nutrition is an integral part of treatment and control. Choosing a balanced diet with a low glycemic index, rich in vitamins and minerals, helps maintain stable blood glucose levels. Following a diet not only prevents the disease from worsening, but also reduces the risk of cardiovascular complications and other adverse events. Therefore, living with diabetes does not mean that everything is forbidden, but rather the scientific truth that everything is in moderation.

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