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FRUITS, VEGETABLES AND FOODS FOR DIABETIC PATIENTS

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Abstract: This thesis discusses the scientific and practical aspects of choosing the right fruits, vegetables, and staple foods for patients with diabetes. The role of fruits and vegetables with a low glycemic index and rich in fiber in the diet in controlling blood glucose levels is analyzed. The effect of complex carbohydrates, high-quality proteins, and healthy fats on metabolic processes is also shown. Recommended and limited products are described using examples, and the importance of a balanced diet for diabetic patients is substantiated. This thesis helps the patient determine which fruits are friends and which are just familiar.

Keywords: diabetes, fruits, vegetables, food products, glycemic index, diet, fiber products, blood glucose.

Diabetes is a chronic, long-term disease caused by high blood sugar levels. It can occur at any age. It can be controlled with proper care.

Below is a brief information about fruits, vegetables and foods for diabetic patients.

Citrus fruits: Citrus fruits are a great source of vitamin C, folate, and potassium, which have been shown to have anti-diabetic effects. Including oranges, lemons, and grapefruits in your diet is a good way to get your vitamins and minerals in without having to go overboard on carbs.

Sweet potatoes: Sweet potatoes are a fiber-rich food. They also contain carbohydrates, so they should be eaten in moderation. They also release sugar slowly and are not responsible for increasing blood sugar levels. Sweet potatoes are rich in vitamins A, C, fiber, and potassium. For a balanced diet, eat sweet potatoes in a variety of ways, such as baked, mashed, steamed with lean protein, or with green leafy vegetables.

Fruits: Fruits are a group rich in antioxidants that help prevent the production of oxidative stress. Oxidative stress causes an imbalance between the production of reactive oxygen species and antioxidant defenses, which leads to various health conditions, including heart disease or diabetes. Blueberries, raspberries, strawberries and blueberries are rich sources of fiber, vitamins C and K, potassium and magnesium. You can eat berries for breakfast, as a snack, or blend frozen berries into smoothies.

Probiotic yogurt: Probiotics are live microorganisms that, when consumed, provide numerous health benefits, thus improving gut flora. Probiotic yogurt contains active cultures, Lactobacillus or Bifidobacterium. Scientific studies show that eating probiotic yogurt can improve cholesterol levels, thereby reducing the risk of heart disease, if you have type 2 diabetes. You can make it even tastier by adding berries or nuts, which makes it a healthy snack or dessert.

Oily Fish: Oily fish is a healthy addition to your diet, as it helps your body function properly and supports heart and brain health. It is full of omega-3 fatty acids, eicosapentaenoic acid and docosahexaenoic acid. Salmon, trout, herring, mackerel, tuna, and sardines are a variety of fatty fish that are rich in polyunsaturated and monounsaturated fats, which can help control blood sugar levels and blood lipids in people with diabetes.

Nuts: Like fish, nuts are a great source of healthy fatty acids that you should include in your diet for heart health. People with diabetes are at higher risk of stroke or heart disease, so it is important to consume fatty acids, which can be consumed through nuts and oily fish. Walnuts are rich in various nutrients like vitamin B6, iron, magnesium, and protein. A handful of walnuts is enough to keep your heart healthy.

Chia seeds: Since chia seeds are rich in antioxidants and omega-3s, they can be another healthy addition to your diet. If you add chia seeds to your diet, it can help you lose weight and treat type 2 diabetes within six months. You can add chia seeds to your diet as a healthy breakfast.

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Conclusion. For patients with diabetes, choosing the right fruits, vegetables, and foods is an important factor in effectively controlling the disease. Eating foods with a low glycemic index and high fiber content prevents sudden spikes in blood sugar and improves overall metabolism. A balanced diet improves the patient's quality of life and reduces the risk of complications. Thus, living with diabetes is not about giving up food, but about making conscious choices.

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