

#WeightInDiabetes

# Break the partnership

between diabetes and obesity\*

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## Living with diabetes

Your guide to healthy eating,  
being active, and taking medicines

\*Carbone S. Prog Cardiovasc Dis. 2019 Jul-Aug;62(4):327-333.

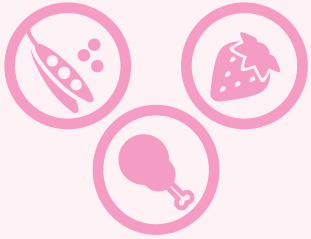


## Healthy eating

Healthy eating is an important part of managing your diabetes along with being active and taking medicines (if needed). Why? Because what, when, and how much you eat affects your blood glucose (*blood sugar*). It's also affected by how active you are.

Healthy eating is when you:

**Eat a wide variety of foods each day**



**Watch your portion sizes**



**Space your meals evenly throughout the day**



**Don't skip meals**



Your diabetes care team may suggest that you follow a healthy-eating plan. This plan can help you manage your:



Blood glucose levels



Cholesterol levels



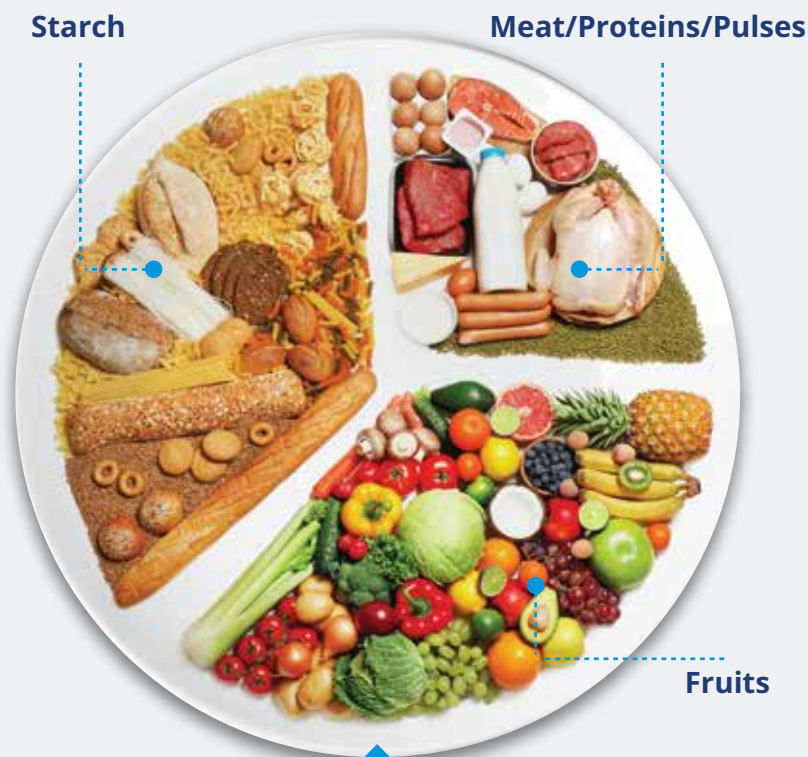
Weight



Blood pressure

When these things are managed, you may prevent or slow down the chance of getting other health problems.

## Plan for a Balanced Diet



**The Plate method: For Balance Diet**










## How many calories should you eat every day?

Patients with type 2 diabetes generally need a **1,500 to 1,800 calories diet per day** to promote weight loss and then the maintain ideal body weight. However, this may vary depending on the person's age, sex, activity level, current weight, and body style.

Consult your doctor to know about your calorie requirement.

Reference: 1. <https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes/meal-plans>

## Representative 1600 calories plan

Food	Calculated quantity	No of K.Cal
 Milk (without cream) 300ml 1 1/4 glass 178	1 1/4 glass	<b>178</b>
 Curd 200gms	1 1/2 cup	<b>115</b>
 Bread Brown 50gm	2 slices	<b>120</b>
 Wheat floor or Cooked rice 150 gms	6 chapati/dosa or 3 cups	<b>480</b>
 Dal / Fish curry/ Chicken or Egg 50gm	1 cup/ chicken (1 piece) Egg (1 piece)	<b>180</b>
 Vegetables (seasonal) 325 gms	1 cup uncooked/ 2/3 cup cooked	<b>100</b>
 Vegetables (Roots & Tubers) 50 gm	1/4 cup	<b>46</b>
 Fruits (Seasonal) 100 gms	1 serving	<b>60</b>
 Oil 15 ml	3 teaspoons	<b>135</b>

Nutrients	Measures	Nutrients	Measures
Energy	<b>1414 K. Cal</b>	Fats	<b>33 gms.</b>
Proteins	<b>55 gms.</b>	Sodium	<b>625 mg.</b>
Carbohydrates	<b>225 gms.</b>	Potassium	<b>1996 mg.</b>

Compiled from nutrition value of Indian Foods - National Institute of Nutrition, ICMR Hyderabad

## Proportion of Carbohydrates or starch in your diet

On average, people with diabetes should aim to get **about half of their calories from carbs**. That means if you normally eat about 1,800 calories a day to maintain a healthy weight, about 800 to 900 calories can come from carbs. At 4 calories per gram, that's 200–225 carb grams a day. (CDC)

Bread a slice medium



=

1 chapatti around 6 inch



=

Idli 3 inch round



=

1 plain dosa



=

Rice 1/3rd cup



=

1 small potato



Oats 1/2 cup



=

4 marie biscuit



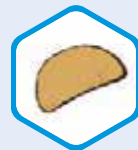
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3 glucose biscuits



=

2 rusk



=

3 cup popcorns without fat



=

1/2 cup pasta or noodles



Dhokla 1 square



=

6 plain poori



=

1/2 hot dog



## Exercise is a must for everyone, including people with diabetes.

Exercising regularly can help you manage your blood sugar levels and weight. It may also help you reduce your risk of heart attack and stroke, reduce cardiovascular risk factors, and promote overall health.

### FEW TIPS



Just remember to exercise safely, check with your doctor before you start any exercise



Every person is different and so is his/her exercise schedule. The exercise regimen that is suitable for individual depends on age, gender, daily life style, comorbid health conditions and motivation.



You should choose the exercise which you will love to do on a daily basis. For example, you can choose between various options like playing outdoor games, gym, yoga, dance, walking, swimming, cycling and so on.



It is advisable to start with moderate physical activity and increase gradually depending your capacity



If you feel any discomfort, stop and take rest, monitor your glucose levels and visit your doctor.

## 7 simple exercises that you can easily fit into your routine

Apart from your regular 30 minutes of exercise, perform 20 repetitions of any five exercise every hour. You can begin with five repetitions



Stand Up



Marching in a place



Stretch legs



Pushing desk or wall



Punching in the air



Lifting the sky



Workout with water bottle



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# Talk to your doctor about new possibilities in diabetes management

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**Looking for answers about diabetes management?**  
Find helpful info, tools, and resources on **aboutdiabetes.in**

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**about  
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