

Dietary guidelines for diabetics

- Food is an important part of our everyday life. On a daily basis, it has a significant effect on blood sugar fluctuations in addition to exercise and medication. Exercise and nutrition are the basis of physical condition.
- The increase in blood sugar depends on e.g. **the quality and quantity of food**. In addition to nutrients, attention must be paid to the overall diet.
- A diet in accordance with nutritional recommendations has a clear connection with the prevention of type 2 diabetes and weight gain.
- Diet can also prevent other diseases (cardiovascular diseases, cerebrovascular disorders, osteoporosis, Alzheimer's disease and certain cancers such as breast and colon cancers).
- Minimizing blood sugar fluctuations and staying within certain limits also reduces the risk of long-term complications - in order to keep blood sugar within the limits of the fluctuation range, you have to make sure that **it rises as little as possible after eating!**
- The size of the food portion is of great importance - **a larger amount of food has a greater effect on your body!**
- The food contains fat, protein, fibers and carbohydrates – carbohydrates have the biggest impact on your blood sugar!
- All foods containing carbohydrates do not affect blood sugar as quickly or strongly. This depends on the amount of fiber contained in the food.
low-fiber carbohydrates raise blood sugar the fastest!
Foods best suited for diabetics contain a lot of fiber carbohydrates!
- Fat affects your weight and lipids!
- It is often after a meal "tired" and low-energy feeling.
When blood sugar rises it is controlled by **measuring the sugar level before eating and 2 hours after the meal**, we know how to choose the right one. You feel better when you know how food affects



- **7-, 14-, 30-, 60- and 90-day post-meal – result averages show how changes in eating habits affect your blood sugar values over a longer period of time.**
- Since the blood vessels of diabetics narrow more easily than others, **soft fats are preferred.**
- Meat contains a lot of proteins and they affect kidney function.
Nuts are healthy. They affect weight control, cardiovascular disease risk factors. Eat half a handful a day!
- **Excessive use of salt causes health problems** (blood pressure rises, the kidneys, heart and circulatory system are overloaded, excessive intake increases strokes and coronary artery disease, the risk of premature death increases).
The sodium contained in table salt, i.e. sodium chloride, **is the most harmful.**

Everyday small choices

- **Eat ½ kilo of vegetables a day!** Vegetables, root vegetables, fruits and berries. Raw, in salads, on bread, and as side dishes. With the main course, as a morning, evening and snack.
- If you are overweight, **switch to a smaller dinner plate.** Do not take more food.
- **Increase the use of good soft or unsaturated fats** and reduce the use of harmful hard or saturated fats.
- Sources of good fat are fish, vegetable oil, vegetable-based margarines and nuts.
- Prefer canola oil. It has more versatile good fats than olive or sunflower oil.

Replace butter and butter spreads with vegetable fat products.

Reduce the consumption of red meat and meat products such as sausage. Swap them for chicken and turkey.

- **Replace fatty dairy products with low-fat ones.**

Keep your protein intake moderate -> less albumin is excreted in the urine and the progression of the incipient kidney disease slows down.

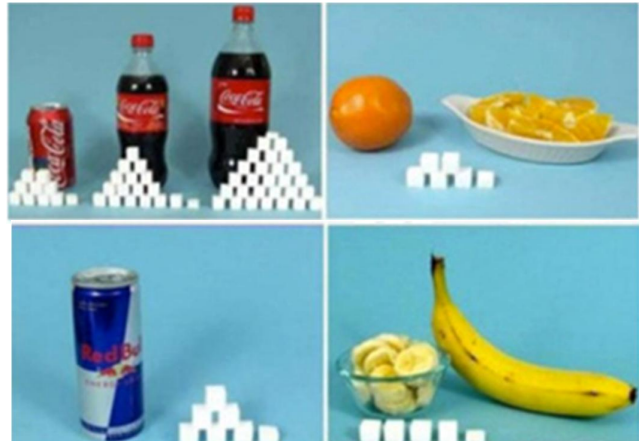
- **Make sure you get enough vitamin D.** Drink 3 glasses of D-vitaminized milk or buttermilk, use margarine on bread and/or eat fish 2 times a week.

Have 2 fish food days and 2 vegetarian food days in a week.

- Eat nuts. They contain a lot of good fats, minerals, vitamins, fibers and proteins.
- **Avoid all kinds of sugar,** and don't consume large amounts at a time.

Eat 1-2 eggs a week, the yolks of which provide the maximum recommended amount of cholesterol.

- **Reduce the use of salt.** You get enough sodium when you eat a variety of meat, fish, vegetables, fruit and fat-free dairy products every day.
- **Move! Move! Move!** Run, walk, stand, stretch, jog daily. Moderate loads 150 min or sweat exercise 75 min per week.



Rapidly rising blood sugar food items (examples):

- Sugar/fruit sugar/honey
- Sugary soft drinks and juices
- Milk/Buttermilk
- Banana
- Couscous/pasta
- Potato/mashed potatoes
- Barley porridge
- Light rice/white flour
- Wheat bread/Frenchbread/wheat baguette light bread
- Glucose, i.e. grape sugar
- Honey
- Breakfast cereal
- Candy

Foods that slowly raise blood sugar (examples):

- Vegetables
- Root vegetables
- Lenses
- Beans
- Berries/berry puree, unsweetened
- Peas
- Dark rice/dark pasta
- Dark bread /bread with whole grains and seeds
- Whole grain porridges, whole grains, whole grain products
- cereals containing fiber