

5 DAIRY GROUP... GET YOUR CALCIUM RICH FOODS

Intake of dairy products is linked to improved bone health, and may reduce the risk of Osteoporosis, Cardiovascular disease, Type 2 Diabetes and lower blood pressure in adults. Foods in the Dairy Group provide calcium, potassium, Vitamin D and proteins that are vital for health and maintenance of your body. 1 cup of milk, yogurt or soy milk (soy beverage), 1 ounce of natural cheese or 2 ounces of processed cheese can be considered as 1 serving. At least 1-2 servings need to be included in your diet on a daily basis. 1 serving contains 8 gms proteins, 3 gms fat, 12 gms CHO, 160 calories & 290 mgs calcium.

SWITCH TO FAT-FREE OR LOW-FAT (1%) MILK



1 cup fat-free or low-fat yoghurt

OR



1 cup fat-free (skimmed) or low-fat (1%) milk

FAT

Oils are fats that are liquid at room temperature, like vegetable oils, e.g., canola oil, corn oil, olive oil, soyabean oil, fish oil, sunflower oil, etc. Oils are not a food group but they provide essential nutrients if consumed in moderation. Nuts, fish, oils & salad dressings also contribute to fat intake.

Few plant oils including coconut and palm oil are high in saturated fat and so are considered to be solid fats. Use of solid fats should be minimized, e.g., butter, beef fat, stick margarine, shortening, partially hydrogenated oils, etc.

1 tb. spoon oil (all liquid & solid fats) / 1 tb. spoon seeds / 8-10 nuts (pistachios, almonds, cashew nuts, etc.) provide 120 calories.



OR



OR



OR



FLUID SOURCES: Water, soda water, black & green tea, instant coffee, soups, diet drinks, lemonade and low fat milk can be consumed.

DIABETIC FOODS: Most diet foods e.g., diet mithai, ice cream, etc. contain high calories and do not contribute to good diabetic control & could potentially upset the balance of your diet.

BEST TO AVOID: Sugary foods, glucose, jams, marmalades, syrups, treacle, sweet meats, sweets, chocolates, iced cakes, sweet biscuits, fruits tinned in syrup, cola drinks, sweet pickles, taftan, sheermal, poori, halwa and bakery products should be avoided or either taken in smaller amounts occasionally.

WHAT TO DO IN AN EMERGENCY?

An insulin reaction can occur only if the blood glucose level falls too low. This may happen if you miss your meals, conduct unaccustomed exercise or take too much insulin.



B. REGULAR PHYSICAL ACTIVITY is important for everyone, but how much you need depends on your age. Walking, gardening, cycling, climbing the stairs, playing soccer and swimming are all good examples of being active. Regular physical activity can produce long term health benefits & play a key role in keeping blood sugar levels & weight on track.

Adults should do at least 2 hours and 30 minutes each week of aerobic physical activity at a moderate level OR 1 hour and 15 minutes each week of aerobic physical activity at a vigorous level. Patients with Diabetes should always carry glucose tablets or some fruit with them in case of Hypoglycemia. Symptoms include weakness, hunger, shakiness & sweating.

In case of other complications of Diabetes like heart disease, stroke or Diabetic Nephropathy, consult your specialist before starting any vigorous activity / consult the dietitian for dietary modifications.

C. PROPER MEDICATION

Medication is to be prescribed by your doctor according to your blood sugar level.

TARGET RANGES ARE:

Fasting Blood Sugar: <110mg/dl
Random Blood Sugar: <160mg/dl
Blood Pressure: <130/80 mm Hg
Cholesterol: <160 mg/dl
LDL: <100mg/dl
HbA1c: <7%

General guidelines cannot be a substitute for individualized advice. For consultation, contact: 0213-566 1000, Ext. 226/236

Dr. Rakhshanda Jabeen, Consultant Endocrinologist.

Ms. Fayza Khan, Nutritionist.

The Kidney Centre Post Graduate Training Institute

197/9, Rafiqi Shaheed Road, Opposite JPMC, Karachi - 75530
Tel.: 3566 1000-10 Email: mail@kidneycentre.com
Website: www.kidneycentre.com
Facebook: www.facebook.com/TheKidneyCentre



Your Guide to Healthy Living with Diabetes



ACT ON DIABETES NOW

WHAT SHOULD YOU KNOW ABOUT DIABETES?

Diabetes is characterized by high sugar levels in the blood and in the urine. Diabetes is a life time disease. It can't be cured, but can be controlled.

In the last 30 years the number of people with Diabetes has more than doubled, and now stands at almost 350 million worldwide. The number is predicted to rise to about 470 million by 2030. The majority of this increase (70%) can be attributed to aging and increasing population, but a good proportion can be blamed on an unhealthy diet and sedentary lifestyle which is associated with the rise in obesity.

TYPES OF DIABETES

Type 1 Diabetes: Seen in children and is due to the absence of insulin.

Type 2 Diabetes: Usually seen in adults, but now the trend is moving towards adolescents due to a rise in obesity.

Gestational Diabetes: May occur during pregnancy which may raise a mother's risk of getting Diabetes later on in life.

WHO IS AT RISK?

- People with family history: Parents and siblings with Diabetes.
- Ages 40 and above
- Lacking in physical activity
- Those with high blood pressure
- Abnormal lipids / Cholesterol
- Obesity
- Smokers
- People under stress
- Those suffering from heart disease

SYMPTOMS & COMPLICATIONS

- Continuously feeling hungry
- Increased urination, especially at night
- Weakness
- Excessive thirst
- Tiredness
- Rapid weight loss

Diabetes is a complex condition which can result in long term complications; if not controlled, Diabetes will damage your body. The risk of heart attacks, strokes, kidney damage, foot amputation and loss of vision increases manifold.

DIABETIC NEPHROPATHY

Diabetic Nephropathy is kidney disease or damage that results as a complication of Diabetes. In order to prevent damage to the kidneys, you should do the following:

- Optimize blood glucose
- Optimize blood pressure levels
- Watch your sugar and fat intake

Consulting a Nephrologist is also important.

MANAGEMENT / TREATMENT OF DIABETES:

You can avoid long term complications of Diabetes by carefully ensuring the following:

- A. HEALTHY & BALANCED DIET
- B. REGULAR PHYSICAL ACTIVITY
- C. PROPER MEDICATION

A. EAT A HEALTHY & BALANCED DIET to stay within the required weight range. Your diet should be planned according to your weight, age group, activity level and your body's nutritional requirements, which needs to be adjusted accordingly by your dietitian.

A HEALTHY PLATE FOR DIABETICS

Portion control is the main idea behind the healthy plate method. At every meal, fill your plate as shown below so that you enjoy a balanced diet with all the nutrients required by your body. Below are the descriptions & health benefits of each food group.



1 VEGETABLE GROUP... VARY YOUR VEGGIES

Vegetables are important sources of many nutrients, including potassium, dietary fiber, folate (folic acid), Vitamin A and Vitamin C. Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart diseases, blood pressure, obesity & Type 2 Diabetes and protect against certain types of cancers.

At each meal, fill half your plate with non-starchy vegetables e.g., Spinach, Lettuce leaves, Green Beans, Cucumber, Cabbage, Capsicum, Carrots, Lady Finger, Bitter Gourd, Cauliflower, Peppers, Turnips, Tomatoes, Lemons and Radish.

Starchy vegetables e.g., Beans, Potatoes, Sweet Potatoes and Peas are counted as part of the carbohydrate group. 3-5 servings of different vegetables should be consumed daily to maintain a healthy diet. 1 serving provides 45-65 calories, (1-2 gms protein & 5-10 gms CHO).



2 CARBOHYDRATES (At least half of all grains eaten should be whole grains)

Grains are divided into two groups; whole grains (e.g., whole wheat flour, oats, whole corn meal and brown rice) & refined grains (white flour, white bread, white rice). 6-10 servings should be included on a daily basis.

Consuming whole grains as part of a healthy diet containing nutrients, including dietary fiber, several B vitamins & minerals may reduce the risk of heart disease, constipation & help with weight management.

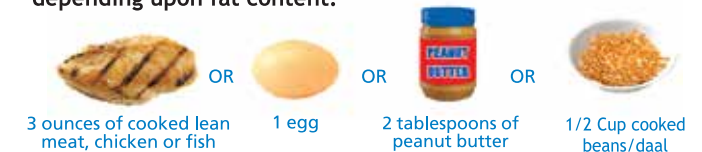
One serving contains 80 calories, (3 gms protein & 15 gms CHO).



3 PROTEIN GROUP... GO LEAN WITH PROTEIN

2-5 servings of meat, poultry, fish, dry beans, peas, eggs, nuts and seeds supply many nutrients in one's daily diet. These include protein, B vitamins (niacin, thiamin, riboflavin and B6), Vitamin E, iron, zinc and magnesium. Beans and peas are also part of the vegetable group.

Seafood contains a range of nutrients, notably the omega-3 fatty acids, EPA and DHA. Eating about 8 ounces per week of a variety of seafood contributes to the prevention of heart disease. **Fill one section of your plate with lean protein / low fat protein choices. 1 serving provides 7 gms protein, 55-100 calories, depending upon fat content.**



4 FRUITS GROUP... FOCUS ON FRUITS

Fruits are sources of many essential nutrients that are under consumed, including potassium, dietary fiber, vitamin C and folate (folic acid). Eating 2-4 servings of fruit on a daily basis provides health benefits, people who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. 1 serving = 45-65 calories, (1-2 gms protein, 5-10 gms CHO).

