

Diabetes Diet Plan for Weight Loss

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Abstract

A diabetes meal plan may help an individual to keep track of the daily nutrition intake and a healthy eating. Diabetes diet plan mainly monitors on blood sugar levels and to avoid some complications related to heart and body. Following a diabetes meal plan may help to ensure variety in their diet meal and to maintain body weight as well. Overall diet plan helps people with diabetes to maintain both mental and physical health.

Keywords: Diabetes diet plan; Sugar level management; Daily nutrition; Type 2 diabetes; Glucose level control; Carbohydrates; Fats; Fibre; Week diet plan

Introduction

Diabetes is a chronic disease when the blood glucose or blood sugar level is high then the normal level [1]. The cells of the body need glucose for energy and the hormone insulin helps the glucose to get into the body. Glucose is got from the food we eat. There are two types of diabetes *i.e.*, type 1 diabetes, where the body does not produce insulin and in type 2 diabetes, body does not make insulin or use insulin properly. Due to this reason glucose level increases in the blood and causes high blood sugar level in the body.

In type 2 diabetes, it is also called prediabetes, it means that your blood sugar is higher than normal but not higher to be called diabetes. If this condition is observed, it is likely to be type 2 diabetes [2].

According to the study of WHO, in India, there are estimated 77 million people above the age of 18 years are suffering from type 2 diabetes and about 25 million are at the high risk of developing diabetes in future [3]. Therefore, eating healthy and tasty food while suffering from diabetes is quite challenging for everyone. One can plan a diabetes friendly meal plan as per their convenience and it can be both tasty and healthy. A diabetic meal entails eating the best food in limit and following the regular nutritious meal schedule. A diabetic diet is a well-balanced diet, which is high in nutrients and low in fat and calories.

Fruits, vegetables and whole grains play a very important role in a healthy diet. A healthy meal plan will aid blood sugar control that is generally called glucose control, weight management and a prior treatment of heart disease risk factors such as high blood pressure and high blood lipids. Not controlling blood glucose levels can lead to problem like hyperglycemia which causes issues heart damage, kidney related problems and nerve issues.

Maintaining a healthy body is very much essential for everyone in terms of physical fitness as well as mentally. Eating healthy food and keeping a note healthy weight is vital. If a person is diabetic, being overweight can cause control over blood sugar levels which make raise some complications. Therefore, it is important for people with diabetes to lose weight. For people with diabetes, losing weight is a very difficult task. However, even a tiny amount of weight reduction can help with blood sugar control. Reducing weight and maintaining fitness will help reduce the risk of heart disease and improve blood sugar levels.

Literature Review

Healthy food and balanced diet will help in a disciplined weight loss. However, if you have diabetes, an improper or unplanned diet can harm your health and should avoid diet pills and rage diet plans. On the other hand, many plans are effective for people with diabetes who are planning for weight loss.

Essential components of a diabetic diet plan

Healthy carbohydrates: It is captious to prioritise low fat dairy products like milk and cheese and nutritious carbs like fruits, vegetables, grains and legumes like peas and beans as the sugars and starches break down into blood glucose during digestion. Avoiding high fat, high sugar or high salt meals and beverages is recommended. Consuming rice in small amount or preferably to avoid rice is best as per the diet plan.

Fibre: Fibre regulates body digestion and helps to control blood sugar levels. Chia seeds, pears, nuts, avocados and almonds are rich in fibers and they provide several health benefits which includes weight loss too [4]. Fibers shows improvements in measures of glycaemic control, inflammation, blood lipids and body weight.

Fats: Consuming healthy seafood twice a week is advised. Fishes rich in omega-3 fatty acids helps to prevent heart diseases. Vegetarians

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are advised to go for walnuts, sunflower seeds, sesame seeds and flaxseeds. In addition, whole eggs, yoghurt and olive oil are also rich in good fat.

Discussion

Planning a diabetes friendly diet plan is not a challenging task once you know the food to eat and avoid and you can plan a diet chart to help to keep the blood glucose levels within normal range [5]. At the same time, a well-planned diet chart can also help you manage a healthy body weight.

When planning your meal, follow the steps which includes essential nutrients in the diet plan;

- Meal should contain non-starchy vegetables such as spinach, carrot and tomatoes.
- Lentils, beans, sprouted grain bread are good to add in the diet.
- Brown rice, green peas and whole grains are advised for final meals.
- Include almonds and avocados in the diet to enrich the body.
- Sugarless green tea and black coffee are good (Table 1).

Table 1: Diet plan.

Meal	Food to eat
Early morning	<ul style="list-style-type: none"> • Fenugreek water (1 teaspoon of fenugreek seeds soaked in a glass of water overnight). • Overnight soaked almonds (4-5 almonds).
Breakfast	<ul style="list-style-type: none"> • 2-3 idly with chutney and sambar (drumstick preferably with less salt). • 1 cup of vegetable upma with chutney. • 2 dosas with chutney and sambar.
Pre-lunch	<ul style="list-style-type: none"> • 1 cup papaya/apple/guava. • Vegetable juice or bitter gourd juice. • Tender coconut water. • 1 glass of ragi malt with buttermilk.
Lunch	<ul style="list-style-type: none"> • 1/2 cup of brown /red rice with vegetable sambar+1 cup vegetable curry+cucumber and tomato salad+1 glass mint jeera buttermilk. • ½ cup of brown/red rice with fish or chicken curry+1 cup vegetable curry+cucumber and tomato salad+1 glass mint jeera buttermilk.
Evening snacks	<ul style="list-style-type: none"> • Green tea. • Black coffee. • Filter coffee with less milk. • Roasted chana. • Homemade snacks with less oil.
Dinner	<ul style="list-style-type: none"> • 2 Chapatis with mixed vegetable curry+curd. • Vegetable clear soup. • Chicken clear soup for non-vegetarians.
Bed time	<ul style="list-style-type: none"> • 1 glass of low-fat milk with a pinch of turmeric or cinnamon powder.

Food to avoid: Well-planned diet is essential to fulfil all the essential nutrients to maintain proper diet which is suitable for all the people who have diabetes and who are under medication as well.

- Avoid fruits with added sugars like jam, canned fruits and fruit syrups and sauce.
- Avoid consuming grains like white rice and pasta.
- Avoid dairy products, saturated fats and fried food.
- Avoid flavoured pastries, cakes and yogurts.
- Avoid bakery products with refined flour like white bread and buns.
- Avoid sweetened beverages such as soda, canned juices and flavoured coffee.

Conclusion

Having healthy food and maintaining overall health is an essential factor for life. Having good knowledge and awareness about the food which we consume plays a vital role in maintenance of body growth,

immune system and to prevent from diseases. Food rich in nutrition have many benefits which includes pulmonary circulation, cardiovascular health, wound healing and psychological well-being. It prevents malnutrition disorders by providing equal amount of carbohydrates, vitamins, lipids and proteins for both physical and mental equilibrium.

For a person with diabetes or without diabetes, sticking to a balanced diet is difficult or it includes lots of legumes and vegetables. So, try to prepare separate dinner plan and special items to sit back and enjoy nutritious meal every day.

Consider to be very conscious about the intake of food to avoid high calorie food and it is necessary to maintain time and hygiene of the food.

Author Declaration

We wish to draw attention of the editor to the following facts which have no conflicts of interest. We confirm that the manuscript has been read and accepted by all the named authors and confirm the order of authors listed in the manuscript has been approved by all of us. We confirm that provided data is satisfactory. We confirm that we provided a current email address which is accessible by the corresponding author.

Ethics Approval and Consent to Participation

Authors have a right to privacy that should not be violated without consent. The above information including names, initials should not be published in written descriptions, photographs unless the information is essential for scientific purposes.

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Data Availability and Materials

The above paper is available to the reader in the journal after the approval and acceptance by the journal with the link an DOI given by the journal.

Competing Interest

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Authors Contribution

A is a professional doctor and did the corrections. B is the main author for the manuscript and did the review study and as a dietician and nutritionist did the case study with trial and error. C and D did manuscript typing and introduction study.

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