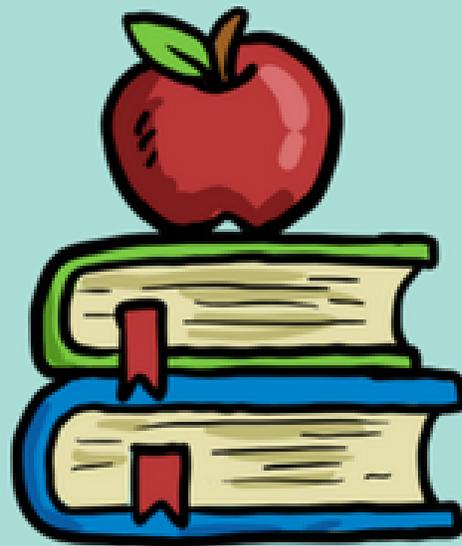


Diet & Lifestyle Basics



for Diabetics

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Purpose of this Diet plan :

Purpose of this Diet plan is to educate you about healthy and unhealthy choices about food, exercise and lifestyle.

This Diet plan is generic in nature , so you have to figure out what's right for you and avoid / add foods necessarily.

I am happy to be a part of your health improvement journey. Diet is not a rocket science (I know you will be laughing) As you are a Scientist. Due to this modern age developments we are spend less time for our health and happiness and more time to worry about our wealth and success.

FAST LIFESTYLES ARE LEADING TO STRESS & STRESS LEADS TO DISEASES

As a result we are eating what is made some 30 days ago, 60 days ago and 120 days ago „. And so on. You may surprised what is made 30 days ago- biscuits (filled with full of fat , nil of nutrients) , 60 days ago- (cakes) and 120 days ago- chocolates, we could never eat any food made by ourself if it is more than 2 days old even after having a bio fresh refrigerator.Its simple they are loaded with preservatives, harmful chemicals to our body.

I JUST WANT TO SAY - ELIMINATE PACKED FOODS AS MUCH AS POSSIBLE

Moreover one more thing which is happening in our lives is eating same type of food (curd rice), but don't eat it almost every day, I doubt if you are eating curd rice, you might also be eating pickles along with it, consumption of pickles every day is not good. almost every day, because it is easy to make, when we eat less variety our body is deprived of nutrition,

Lack of nutrition leads to impaired body processes like secretion of hormones and enzymes , leading to a imbalance which in-turn leads to metabolic disorders like diabetes.

EATING A LOT OF VARIETY IS VERY IMPORTANT

General Tips for diabetics

You may be upset hearing about yourdiabetes, But I will tell you it is a blessing, I was diagnosed prediabetic in 2013, It helped me a lot. I changed my lifestyle and my overall health has improved, my waist size has reduced, I look smarter and I am more active now. All these happened because the root cause of diabetes is due to a unhealthy lifestyle.

If we start taking care of our body respecting the biological clock , feed only good things into the stomach, we will not get any disease including Diabetes.

Start following this tips

1. **Try to sleep by 10 pm and wake up before 6pm**, because as per the biological clock, your body starts repairing itself. As per the biological clock we are supposed to eat by 6pm (but it may not be practical for us in this developed world) So try to finish your dinner by 8pm, so that you can sleep by 10 pm.
2. Eliminate smoking and drinking alcohol. Drinking Alcohol Occasionally may not be harmful.
3. Don't sit for hours, stand up and walk here and there, Sitting continuously for hours will provoke you to eat more junk food and drink more coffee or tea.

4. Focus on losing weight, triglycerides and reduce your waist size, High intensity exercises mentioned below can help.
5. Stop walking and start running or jogging. It is better if you can do cycling, skipping or weight lifting.
6. Ensure you don't get stressed often, take time for your hobby, do what you like at least twice in a week.
7. Talk to your friends / family often , please spend quality time, go on to the terrace leave mobile phones in your bedrooms few times a week.
8. Focus on reducing your triglycerides.

Recommended to read

[how to reduce high triglycerides naturally](#)

Eating Tips for Diabetics

In one single line, Best eating advice I can give you is Don't eat out of packets , Cook at home add all the spices required, we are lacking in nutrition because we are trying to reduce the effort required to cook. Before 10 years when people were preparing sambar they used to add as many vegetables to it like brinjal, bottle gourd, lady's finger etc, but nowadays most of us are preparing sambar using Sambar Masala?

1. After waking up consume fenugreek seeds soaked in hot water over night. This is very effective for reducing triglycerides, LDL & VLDL.
2. Eat small meals more times a day, if you have a habit of eating stomach full, get rid off it, eat half your stomach, eat 6 times a day.
3. Eat by Eight pm.
4. Eat fruits, but eat them as snack, I mean in between meals not after lunch or dinner.
5. Drink water at regular intervals.

6. Drink buttermilk whenever you feel hungry instead of tea, coffee or samosa.
7. Add apple cider vinegar to your daily routine.
8. Drink Green Tea instead of milk tea.
9. Take lemon.
10. Give off white rice and consume hand pounded / single polished rice.
11. Ensure your plate is 50 percent rice and 50 percent vegetables/ curry.
12. Consume Walnuts, Flax seeds and Almonds.
13. Add coconut to your diet.
14. Consume ghee in limited quantities, ghee helps to cut off the fat. But be cautious don't over consume.
15. Add garlic more often to your recipes.

Habits to Leave

1. Smoking Cigarettes.
2. Drinking Alcohol more than 4 times in a month.
3. Sitting for hours without moving at office.
4. Working on computer / using smart phones 1 hour before you sleep.
5. Skipping breakfast.
6. Drinking bed coffee/ tea which is prepared from Milk.
7. Eating after 10 pm.
8. Eating Biscuits / Chocolates.
9. Getting stressed to achieve financial targets , success or promotions at jobs, having quarrels often with family members.
10. Drinking soft drinks and canned fruit juices.

Habits to Adopt

1. Eating a fruit /almonds/walnuts after wake up.

2. Brushing your teeth two times a day.
3. Eating only 50% full, Don't eat full stomach.
4. Don't eat in hurry, Eat slowly this will help your body to absorb more nutrients.
5. Stop worrying for everything.
6. Pursue your hobby , you will feel better and de-stressed.
7. Read good books.

Can Diabetics Eat ?

This is one common question asked to me by many of the people, My answer is simple, Foods which have preservatives are the only one I will strongly discourage eating. We should eat foods not chemicals. Don't eat out of packets. Otherwise whatever you cook at house is ok, But ensure you don't cook maggi noodles all the time.

Ensure you eat a variety of food, one day you cook cauliflower , the other day you cook brinjal / lady finger. Please make sure you don't always eat the same recipes.

You can eat Dosa (not 6 or 7) , idli, Upma, I recommend making oats upma by adding carrot, beans, almonds curry leaves etc.

My answer for what can diabetics eat is simple.

More the no of ingredients better and healthier it is “ Grandma's style”

Diet Basics

1. Plan your diet in such a way that you can follow it throughout your life.
2. Make a diet plan every Sunday for the upcoming week and follow it, Planning in advance is the only key to stick to a diet plan because your body is preprogrammed to eat, Karela curry even if you don't like it much.
3. No diet is magical. But As per the modern lifestyle, eating small quantities can do wonders.
4. Don't wait to eat till you are very much hungry, that will make you overeat.
5. You don't need to count calories to follow a healthy diet, take some pain to get fresh / organic vegetables fruits, if you can enquire properly you may find good suppliers.
6. Eat seasonal vegetables and fruits , don't prefer sweet corn in summer because it may be mostly a genetically modified one, I recommend you to eat as natural as possible.
7. I am recommending to eat apple, but if you feel apple available in the market is not natural, instead choose guava.
8. Love your job and enjoy your work this will prevent you from snacking a lot, idle people snack a lot.
9. If you don't love your job, do other things along with your job which makes you happy, Happy person do not over eat junk and he/ she will have more control.

Eating advice specific to Diabetics

1. Add apple cider vinegar to your daily routine. Apple cider vinegar can help reduce fat accumulated in and around your Liver.
2. Drink Green Tea, I am sorry if you don't like this but this is one will give you results.
3. Add Turmeric to your recipes because turmeric improves the body's ability to digest fats so they do not accumulate in the liver. It also aids the liver detoxification process.
4. If you are taking cholesterol lowering drugs, stop taking them they are harming your liver.
5. Also stop using antacids. They lead to fatty liver.
6. Reduce/ eliminate packed foods like biscuits, chocolates (occasional dark chocolate is ok), deep fried stuff from restaurants / road side shops.
7. Eliminate drinking coco cola (i love the taste) , pepsi, mirinda, maaza, tropicana , real , etc all are equally responsible to shoot your triglyceride levels high.
8. Eliminate foods made of Maida like Samosa, namkeen, Foods high in saturated fats except Ghee and coconut) and trans-fat.
9. **Choose good carbs** (rich in fiber) like split peas, lentils, cauliflower, black beans, whole fruits, whole grains & steel cut oats etc and **avoid bad carbs** (poor in fiber) like white bread, candies, chocolates soft drinks. Not all carbs are created equal. Refined carbs are associated with obesity and metabolic diseases, but unprocessed carbohydrate foods are very healthy.
10. Start BGR-34 , a Ayurvedic medicine highly recommended for prediabetics and early diabetics, you may read our detailed review about bgr 34 at the link below before purchasing.
11. If you have deficiency of Vitamin D, you need to have more exposure to Sun, Consume foods like fish, Tofu , Butter milk, Mushrooms etc. Exposure to sun is

the best option because, when you stand in sun your body's cholesterol is converted into Vitamin D.

[BGR 34 Review , composition, side effects & user comments](#)

Managing Diet in Travel

- 1) Best snacks on travel are Coconut meat , Safawi dates (loaded with vitamins, minerals & fiber), Apple cider Vinegar, Fruits, Barley Puffs, Roasted Soya Nuts, Roasted Makhana and Roasted Chana .
- 2) Ensure you have enough water to drink while travelling, Drink plain lemon water is also good while travelling.
- 3) Plan your food before hand, if not you will end up eating cookies and cakes.
- 4) You may have to carry a candy with you, As there are chances of low sugar while you are travelling if you are taking medicines.
- 5) If you eat at Restaurants, ensure you don't order many dishes. Don't come under pressure, learn to say no to colleagues / superiors.
- 6) If you are not able to eat on time, split your meals into smaller ones, for example you have to eat by 1pm , but you are travelling and will reach by 3pm, So have some snack- home made by 12 pm.
- 7) Take some time to enquire about Restaurants which offer homely food, This time you invest can help you a lot.

Liver friendly foods.

Carrots , Pumpkin , mangoes, oranges, spinach , tomatoes, guava, papaya, nuts & Egg yolks.

Reduce consumption of Salt, avoid soups and french fries or potato chips.

Recommended yogasanas

1. [Naukasana](#) (Helps in reducing your waist)
2. [Vajrasana](#) (Helps in weight loss)
3. Kapalbhathi pranayam.

Recommended Reading

[Diet chart for Diabetic patient based on Indian Foods.](#)

[How to reduce high Triglycerides naturally.](#)

[BGR 34 Review , composition, side effects & user comments.](#)

[What are the Causes of type 2 Diabetes.](#)

[Does Apple cider Vinegar lower blood sugar levels?](#)

[How to reverse Insulin resistance naturally.](#)

[Is vijaysar Diabetic Tumbler effective in Controlling Diabetes?](#)

[22 things every pre-diabetic should do to avoid diabetes.](#)

[10 Foods to Cleanse and Care For Your Liver](#)

[Diet & Nutrition care for Your Liver](#)

Final Notes :



With the help of this lifestyle and Diet Basics most of you can easily control your Diabetes, go off medications or even reverse diabetes.

But If you want to get help and let us make a Personal diet plan for you including recipes and instructions on what to eat from morning to evening [You can order a Customized Diet Plan from Us.](#)

See how we make - [Customized Diet Plans](#) ,

people who order our customized diet plan

- will have access to our whatsapp group,
- will get telephonic consultation of 30 mins free
- receive whatsapp chat support and email support from me for 1 year.

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