

## Starting A Diabetes Diet Plan

Diabetes can cripple you for life if you let it, but one way of taking control and not letting it do that is by following a diabetes diet plan. This is not really an option - unless you do so, your health will worsen and every facet of your life will be affected by diabetes. So what you should do is, consult a nutritionist who will design a healthy eating plan for you, which has enough variation to satiate your taste buds, while ensuring that your nutritional needs are met at the same time.

The typical diet plan for a diabetic must include 50% starch, 30% protein and 20% fat. The diabetic food pyramid recommends a certain measurement level and because of this, preparing diabetic food must be done according to exact and standard measurements, such as 1 cup, 1 tablespoon and 1 teaspoon.

Baked, broiled, steamed and boiled foods are ideal in a diabetic person's diet, and fried foods must be avoided at all time. No snacks are allowed between meals and meals must never be missed, because it can put your metabolic system into turmoil if you do. So, this means that when you are eating out, you order only fat-free and low caloric dishes.

Fructose is much easily digested than sucrose, so consuming a lot of fruits and vegetables is recommended, but they must be fresh and not frozen. Frozen foods are often preserved with various fatty and sugary chemicals. Avoid whole milk dairy products in your daily meals, but you should get your necessary dairy intake by drinking skimmed milk. Look away from all sweets, honey and candy items and other bakery and/or confectionery items containing high amounts of enriched carbohydrates.

Binges out on the town are out of the picture, too, when you are on your diabetic eating plan. Alcohol should be strictly avoided. Red meat, mayonnaise, eggs and other foods that are high in cholesterol and fat content should be avoided as far as possible too. Fizzy drinks, sauces and dressings and bottled juice are other items you must try and avoid. What you should aim at is a daily intake of around 1800 calories. This means that your daily diet must be carefully planned.

It is not as difficult as it might seem to figure out a good diet plan for a diabetic. Here is a simple and wholesome one. Breakfast can be a slice of wholemeal bread, a soft-boiled egg, half a cup of oatmeal, two thirds of a cup of apple juice and one cup of skimmed milk, without sugar. Lunch can include two slices of wholemeal bread, half a cup of tuna, a half a cup of diced tomatoes, one cup of mixed fruit, a glass of lemon tea and a teaspoon of margarine. A good dinner to round off the day would include half a cup of mashed potatoes, one slice of wholemeal bread, three ounces of baked chicken and either a cup of broccoli or a tossed salad. Salad dressing is something else you have to be wary of - store-bought dressings are high-fat and high-sugar. You could try a teaspoon of olive oil with some chopped garlic and a condiment like parsley, sage, basil or oregano for seasoning.

So making the right diabetes diet plan is not easy - you have to know what nutrition your body needs and you have to understand your metabolism. With your doctor, you can make your own diet plan to keep diabetes away, which will be tasty, healthy and a pleasure to follow.

## About the Author

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