



Understand the impact of diet on glucose levels

A balanced diet is important for diabetes management and can have numerous benefits, such as maintaining the right glucose levels, preventing long-term cardiovascular complications, and sustaining an adequate body weight.

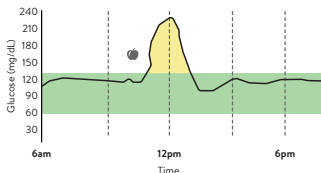
Eating on a regular schedule and making sure that each meal has appropriate serving sizes of carbohydrates, protein, and fat are cornerstones of diabetes management and can also have a great impact on overall health.

How do different types of food impact glucose levels?

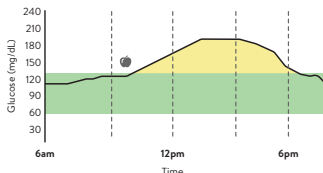
MACRONUTRIENTS



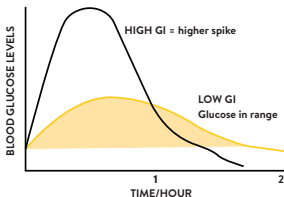
CARBOHYDRATES (Early peak in 1 – 2 hrs¹)



PROTEINS and FATS (Delayed peak in 3 – 5 hrs^{1,2})



HIGH GLYCAEMIC INDEX VERSUS LOW GLYCAEMIC INDEX¹



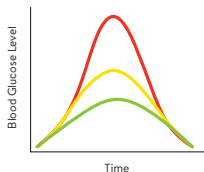
Watermelon, white bread, potatoes, candies



Fish, fruits and vegetables, lean meat

How do different portion sizes impact glucose levels?

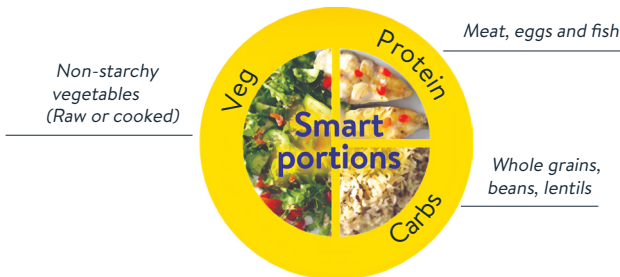
PORTION SIZE¹



Effect on **blood glucose level**

How to keep glucose levels in range?

1. Adopt smart food portions – more veggies and less carbs^{1,2}

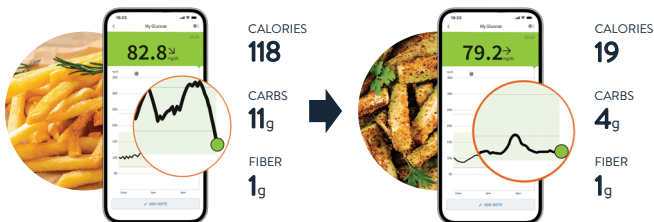


The Diabetes Plate

Dairy and fruit are on the side as per needs to maintain carbohydrate intake¹

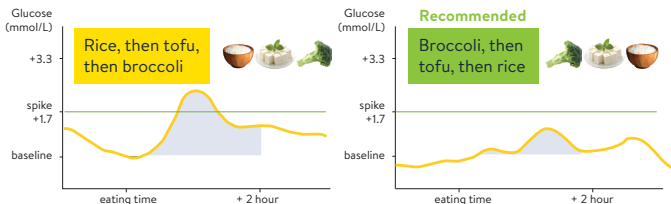
2. Adopt smart food swaps – swap high carb-foods to low-carb foods¹

Potato fries vs Zucchini fries



Possible actions to keep glucose levels in range

3. Adopt smart food sequencing – Veggies first, protein second, carbs last¹



Things to keep in mind while meal planning:

- Whole grains are recommended over refined whole grains, and legumes should be eaten at least four times a week
- Eating fibre-rich foods can be a source of vitamins and minerals while helping to improve gut microbiota
- Fish should be eaten more often than other types of animal protein
- Red meat and processed protein should only be eaten intermittently
- Unsaturated and monounsaturated fats found in foods like extra virgin olive oil, fish, and avocados can behave as antioxidants and have anti-inflammatory, heart-healthy effects
- While nuts provide a nutritional source of fat, consumption should be limited to 30 grams per day

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