

DIABETES MELLITUS - Comprehensive Diet Plan

Understanding Diabetes Mellitus

What is Diabetes Mellitus aka Diabetes?

Diabetes is a medical condition where the pancreas either doesn't produce enough insulin or the body cannot use insulin effectively. Insulin is a hormone that helps cells absorb glucose from the blood. Without enough insulin or when it doesn't work properly, blood sugar (glucose) level rises, leading to hyperglycaemia. However, consistently high blood sugar levels over time can lead to serious health issues.

What is the cause of Diabetes?

There are 2 main types of diabetes: Type 1 and Type 2. Type 1 is usually diagnosed in children and young adults. The exact cause of type 1 diabetes is still unknown. Normally, the body's immune system fights off viruses and bacteria, but in type 1 immune system mistakenly destroys the insulin-producing cells in the pancreas, ending up producing very little or no insulin at all. Type 2 on the other hand, is more common in adults and occurs when the body becomes resistant to insulin or doesn't produce enough of it.

What are the symptoms of Diabetes?

The symptoms of diabetes can vary, but most common signs include:

- Feeling very thirsty or dry mouth.
- Frequent urination
- Fatigue
- Blurred vision
- Slow healing wounds
- Tingling sensation or numbness in your hand and feet
- Bed-wetting in children who never wet the bed
- Feeling hungry more than usual

How Can Diet Help?

Most forms of diabetes are chronic, and all are manageable through lifestyle changes, diet, and medication. Diet plays an important role in managing diabetes, as the food we eat directly affects our blood sugar. A balanced diet is crucial in preventing blood sugar spikes and maintaining a healthy weight. It is important to choose healthy foods in moderation and stick to regular meal times.

Foods that are low in sugar, rich in nutrients, and high fiber content can help control the condition. A healthy diet also supports overall well-being, helps prevent complications like heart disease, and improves insulin sensitivity.

Diet Plan for Diabetes Mellitus

Key Nutritional Guidelines:

Maintaining a balanced diet is essential for overall health and well-being. These nutritional guidelines focus on incorporating nutrient-rich foods that provide energy, improve digestion, and support immunity while avoiding foods that may lead to weight gain, high blood sugar, or other health concerns. Following these recommendations can help you achieve a healthier lifestyle and better manage your dietary goals.

Category	Foods to Include	Foods to Avoid
Whole Grains	Whole wheat Cereals Oats	Refined flour Refined sugar White rice
Fruits	Apple (twice or thrice per week) Guava Papaya Melon Plum Pear Apricot Pomegranate Gooseberry	Mango Litchi Grapes
Vegetables	Bottle gourd Ridge gourd Round gourd Radish Pumpkin Peas Fenugreek Cucumber Beetroot Ginger Green pepper Coriander	Potato Taro root Yam
Seeds & Nuts	Almonds Walnuts Pumpkin seeds Chia seeds Flax seeds Sesame seeds	Dates (limit intake due to high sugar)
Processed/Packaged	N/A	Carbonated drinks Packaged soups Fruit juices

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Vaidyaratnam products are a preferred choice for Ayurvedic treatments and wellness due to the following reasons:

1. Legacy of Ayurveda

- Established by the Ashtavaidyan Thaikkattu Mooss family, which has centuries-old expertise in Ayurveda.
- Follows authentic Ayurvedic principles and practices rooted in ancient traditions.

2. High-Quality and Natural Ingredients

- Products are made using 100% natural herbs and ingredients, ensuring purity and quality.
- Genuine drugs through hygienic methods for processing and packaging of products.

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- Offers a comprehensive selection of 550+ medicines such as, oils, asavas, arishtams, choornams, Ghruthams, Lehams, Tablets and wellness products catering to various health needs

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- Operates hospitals and clinics that provide holistic treatments, including Panchakarma therapy and personalized Ayurvedic care.
- Have 20 + clinics and treatment centres pan India which focuses on root cause of diseases.

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- Certified by leading health and quality authorities, including ISO, GMP, NABH, and Ayur Diamond.

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- Recognized worldwide for promoting authentic Ayurveda and providing sustainable health solutions.
- Famous world over for its age- old traditional treatment methods and Ashtavaidya traditions.

8. Affordable and Accessible

- Offers cost-effective solutions for long-term health management.
- Available through multiple outlets and online platforms, ensuring easy accessibility.

Choosing Vaidyaratnam means opting for trust, tradition, and health backed by proven Ayurvedic practices.

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