

DO'S DON'TS IN DIABETES MELLITTUS (PRAMEHAM)
IN GENERAL -ON DIET

Diabetes Mellitus or PRAMEHAM as it is referred in India has been known for centuries. This is a disorder in which there is an excess sugar in the blood and the urine. Insulin utilizes the sugar from the blood for energy production. This prevents the high sugar in the blood absence of Insulin causes Diabetes.

| TO BE TAKEN | | TO BE AVOIDED |
|---------------------------------|----------------------------|--|
| Barley (Yavam Rice) | | Pork Meat |
| Bajra (Thina Rice) | | Black Gram |
| Onion, Cabbage, Cauliflower | | Rice Preparation |
| Small Onion | | Ash gourd |
| Garlic | | Sugar Cane |
| Wheat | | Tamarind |
| Green Gram | | Salt |
| Dal | | Jaggery |
| Horse Gram | | Curd |
| Meat Soup | | Sugar |
| Sesame | | Tender Coconut Water |
| Fried paddy Rice | | Kanji water |
| Buttermilk with curry leafs | | Red meats |
| Bitter gourd | | Egg yolk |
| Snake gourd | | Almond |
| Muringa Leaves | | Roots and tubers (pottao, raddish, Tapiocca) |
| Drum stick fruit | | Ice cream. |
| Cucumber | | Honey |
| Black Berry, Fenu greek seeds, | | Sugar, starch & Maida, Salt (three whites) |
| Pomegranate fruit, guava, Apple | | |
| Fig Fruit, Flax seeds. | | Soda water |
| Plantain Flower , Gooseberry | | pickles, Milk |
| Low Fat Diet | | ACTIVITIES |
| 1 | Exercise /Brisk walk | |
| 2 | Mild Fasting | Sudation |
| 3 | Powder Massage | Day Time Sleep |
| 4 | No skipping of Night sleep | Restriction of Natural urges. |
| 5 | No Hard work in sun heat. | Smoking |
| | | For bidden sugar, starch, salt, saho, vermicelli, cornflower, barley |