



## Medical Nutrition Therapy: Diabetic Diet

### What is a Diabetic Diet?

A Diabetic diet is designed to help you manage your blood glucose levels and help you maintain a healthy weight range.

### Why do I need a Diabetic Diet?

Diabetes is a chronic disease, in which the body either cannot produce insulin or cannot properly use the insulin it produces. Insulin is a hormone that controls the amount of glucose (sugar) in the blood. Both type 1 and type 2 diabetes are serious conditions, and can lead to the same complications. Diabetes leads to high blood sugar levels, which can damage organs, blood vessels and nerves. When you are taking insulin, combined with insufficient energy intake, can also result in low blood sugars. Both high and low blood sugar levels can make you feel unwell, and decrease your quality of life and well being.

Properly managing blood sugar levels reduces the risk of developing complications and can make you feel much better. It is important to implement a healthy meal plan; and increase your physical activity that fits your ability and lifestyle. Just like any plan, a healthy meal plan needs structure. To manage blood glucose level, mealtimes need to be evenly spread throughout the day. Healthy and balanced snacks are an important part of your meal plan as they are useful in managing your blood sugar levels. Tasty and healthy snacks prevent reaching for those highly processed convenience foods that are high in fat and carbs, and offer little nutrients.

A **high fibre diet** is recommended, because the fibre acts like a net, slowing down absorption of fat and sugars and is therefore effective in managing blood sugar levels as well as weight. If you have hypertension and diabetes, you may have been prescribed a **low sodium diet** as well.

Saturated fats are best to be limited to less than 7% of the total average calories consumed. Unsaturated fats from vegetable oils are a healthier choice, and can help you **manage your cholesterol** levels. Eating less sugar can be accomplished by limiting added sugar, such as white and brown sugars, honey, syrups.

Therapeutic Meals can provide you with delicious meals that are personalized to your Diabetes management. To order please visit our website at [www.therapeuticmeals.com](http://www.therapeuticmeals.com), or call us at 250 415 5444 (Victoria, British Columbia).

For your convenience, Therapeutic Meals also offers meal planning services, creating individualized menus based on your needs and food preferences. The menu's can be created on a weekly, bi-weekly or monthly cycle. With meal plans, we automatically re-order your meals for you. You can change your menu at any time you wish.