

DIABETIC FOOT ULCER



PATIENT DIET



DIET PLAN FOR DIABETIC FOOT ULCER PATIENT

When healing a diabetic foot ulcer (DFU) is at issue, clinicians may overlook nutrition; however, it should be a top priority. Nutrition is key to successful wound healing because it is related to immune system strength, blood sugar regulation, weight regulation, and physical wellbeing.


Maintaining a healthy diet is important in managing diabetes and promoting good health. When it comes to diabetes, proper foot care is essential in order to avoid hazardous complications, such as developing a diabetic foot ulcer or infection. Being mindful of dietary choices makes it possible to bolster foot health and keep these risks at bay.

TIPS TO FOLLOW

Try to maintain a well-planned diet: For individuals diagnosed with diabetes, having a nutritious and balanced diet is an important component of achieving good health. Such a diet should contain a broad range of nutrient-dense food items, like fruits, vegetables, whole grains, lean proteins, and healthy fats. This ensures that the body is supplied with the necessary vitamins, minerals, and antioxidants needed to maintain optimal foot health.

Choose low glycemic index foods: Including foods with a low glycemic index in your diet can be beneficial in managing diabetes and promoting healthy feet. Examples of low GI foods are whole grains, legumes, non-starchy vegetables and most fruits. To avoid any potential blood sugar imbalances and foot complications, refined carbohydrates, sugary snacks, and processed food should be avoided. Eating these low GI foods can help regulate blood sugar levels and prevent spikes.

Add omega-3 fatty acid: Incorporating foods naturally rich in omega-3 fatty acids, such as fatty fish (salmon and mackerel), walnuts, chia seeds, flaxseeds, and hemp seeds, into one's diet may assist in improving diabetes-related foot health.



These particular fatty acids have anti-inflammatory properties that can aid in reducing inflammation and promoting better circulation throughout the feet.

Focus on antioxidant -rich foods: Eating foods that are abundant in antioxidants can help fight oxidative stress and protect foot health. Antioxidant-rich foods include berries (blueberries, strawberries, raspberries), dark leafy greens (spinach, kale), colourful vegetables (carrots, bell peppers), nuts, and seeds. These foods provide various amounts of antioxidants, vitamins, and minerals and, in doing so, assist in maintaining overall health and well-being, particularly in your feet.

Ensure adequate protein consumption: For strong and healthy feet, it is important to include lean proteins in your diet. Foods such as lean meats, poultry, fish, eggs, low-fat dairy products, legumes, and tofu can help to maintain and repair tissues, as well as aid in wound healing. Aim for a well-balanced intake of proteins throughout the day to promote good foot health.

Observe your sodium intake: It is important for those with diabetes to closely monitor sodium levels in order to avoid high blood pressure, fluid retention, and swelling in the feet. To reduce your sodium intake, opt for fresh, whole foods with very little added salt. Flavorful ingredients such as herbs, spices, and citrus juices can be used instead of salt to enhance taste. Avoid processed and packaged foods, as these often contain elevated levels of sodium.

▶ WHAT FOODS ARE BEST TO INCLUDE IN YOUR MEAL?

1. Protein-rich foods such as

- Tofu
- Eggs
- Skinless poultry
- Plates of seafood and lean meat

2. Whole grain and high-fiber carbohydrates like

- Brown rice, beans
- Fruits with the skin
- Pieces of bread, cereals, and pasta
- Berries



3. Low-fat dairy food products

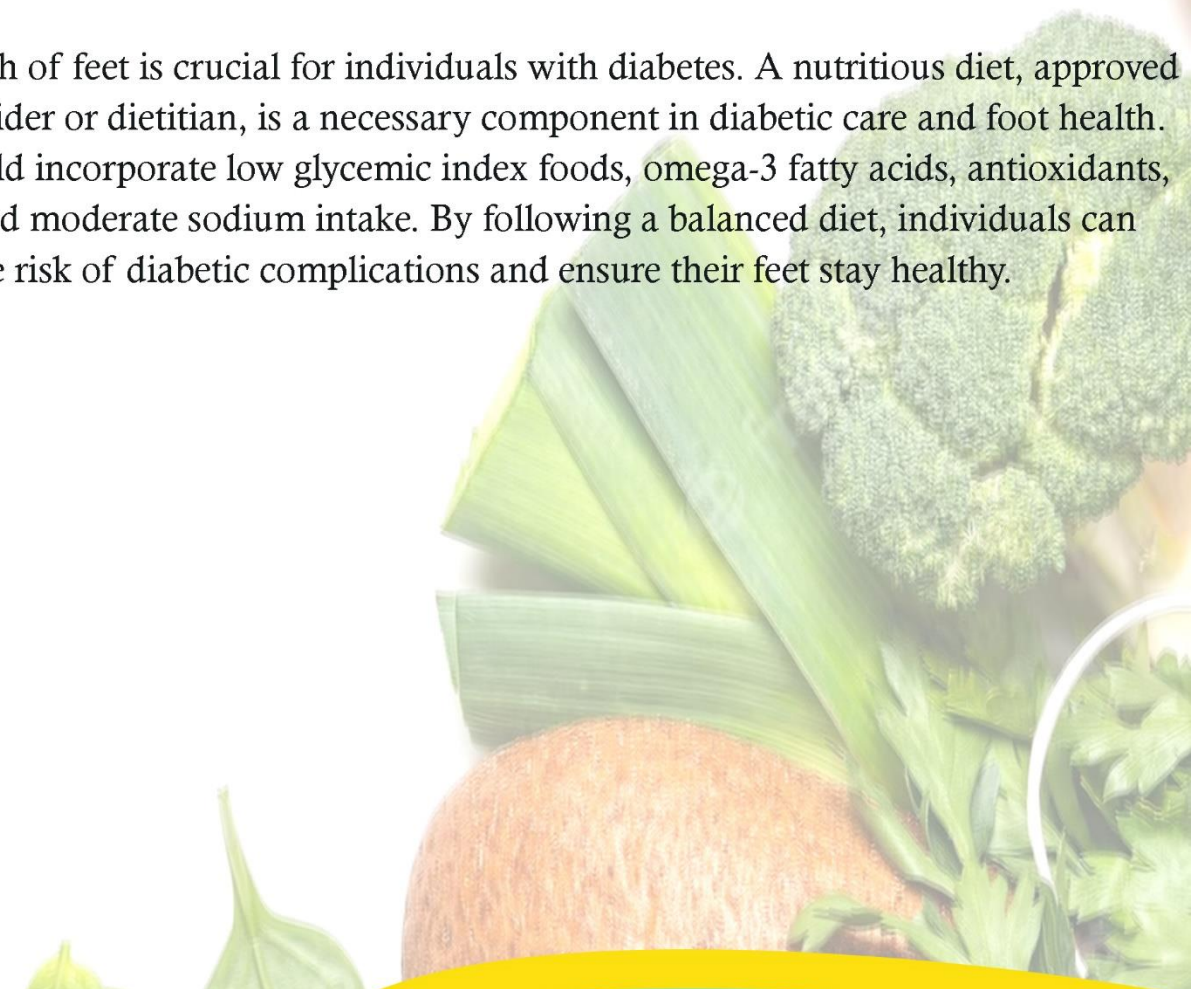
4. Low-fat dairy food products

- Cauliflower
- Tomatoes
- Peppers
- Carrots
- Broccoli
- Cabbage
- Kale
- Spinach

FOODS TO AVOID

- Fried and processed foods
- High-fat dairy products
- Red meats and processed meats
- Sweets and sugary foods
- Alcohol
- Refined grains and processed carbohydrates
- Certain types of fish (like herring, mackerel, and sardines)
- Salty snacks and processed foods
- Caffeinated drinks.

Marinating the health of feet is crucial for individuals with diabetes. A nutritious diet, approved by a healthcare provider or dietitian, is a necessary component in diabetic care and foot health. This meal plan should incorporate low glycemic index foods, omega-3 fatty acids, antioxidants, sufficient protein, and moderate sodium intake. By following a balanced diet, individuals can effectively reduce the risk of diabetic complications and ensure their feet stay healthy.





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