

TYPE-1 **DIABETES**



PATIENT DIET



▶ DIET TIPS FOR TYPE 1 DIABETES PATIENT

In simple words, Type 1 Diabetes is an autoimmune condition that can simply prevent your pancreas from making insulin. Type 1 Diabetes requires regular management with insulin injections and blood sugar monitoring. Some of the most common symptoms of Type 1 Diabetes are Blurred vision, Excessive hunger, Excessive thirst, Vaginal yeast infections, Unexplained weight loss, and more. There are various solutions for diabetes and one of the excellent ones is Stem cell treatment from “Stem Cell Care India”. We are running the best **stem cell center in India**. We know Type 1 Diabetes can be challenging for many, so that is why our doctors have recommended some diet tips to help you.

▶ BEST FOODS THAT YOU SHOULD NOT MISS


Whole Grains:-

We are talking about whole grains foods like barley, oats, quinoa, wheat, and corn as these have a lower glycaemic index that can help every individual to keep control of Blood sugar levels.

The role of the Glycemic index is to let you know how much a specific food item will raise your blood sugar levels. You can add whole grains to your diet, such as porridge oats and wholegrain cereals, whole wheat flour instead of refined flour for baking, substitute white bread with whole grain bread, etc.

Beans and Lentils:-

One of the biggest benefits that why every doctor suggests Beans is they will help in blood sugar problems. This food is considered the top diabetes superfood. Not only they are low on the glycemic index but also is better to manage blood sugar levels better than other carbohydrate-containing foods.



Whereas Lentils are another great food that is lower in fat and high in protein. Lentils can help you to lower your risk of heart disease.

Citrus Fruits:-

Professional doctors will suggest every Type 1 Diabetes patient to try fruits like oranges, lemon, grapefruit, amla and sweet lime. All these fruits we mentioned are rich in fibre and Vitamin C both. And the best part about these fruits contains a moderate amount of sugar. When fruits are involved with fibre it means it can help you in improving metabolism and can control your diabetes problem.

Another thing to note down about these fruits is they have a low glycemic index. If you are looking to get those fruits that are safer for diabetic consumption then try these fruits that we mentioned above.

Dairy Products:-

There are countless dairy products that you must add to your diet like unsweetened milk, Greek yoghurt, and cheese. The plus point to adding these products is low-fat. Doctors will also suggest nut-based milk like almond or cashew milk because it is exceptional for maintaining weight.

If any of you avoiding lactose then you should not miss dairy products that are specially made from rice, almond, soy, flax, coconut, hemp, and cashew.

Sweet Potatoes:-

If you are facing a diabetes issue then one of the best options to add to your diet is sweet potatoes. This product contains adiponectin which will help in improving metabolism and insulin regulation.

If compared this food product with white potatoes then sweet potatoes have a low glycemic index. Diabetes patients should understand that sweet potatoes are anti-diabetic food with better insulin regulation.

Green Leafy Vegetables:-

There are multiple ways that can lower diabetes complications and reduce risks due to the antioxidants and high magnesium content. One of the best foods is Green leafy vegetables like spinach which has a minimal effect on blood sugar. If your focus is on the diabetic diet then this food is a reliable choice. You can try this food by adding in soups, salads, and curries.

FOODS TO AVOID

1. Sugary Beverages:

Drinks that are high in sugar are soda, fruit juices, and energy drinks and can also cause blood sugar fluctuations.



2. Refined Carbohydrates:

It is the first thing that should be avoided or limited. We are talking about food products like white bread, white rice, sugary cereals, and pastries. Not only are these foods digested faster but also cause rapid spikes in blood sugar levels.

3. Alcohol Consumption:

If a diabetes patient intakes excessive Alcohol then it may cause hypoglycemia. If you consume alcohol then it should be in moderation and you must intake appropriate food.

4. High-Sodium Foods:

There are tons of foods that are very high in sodium, such as fast food, processed meats, and canned soups as they can contribute to high blood pressure. The chances are very high of cardiovascular complications. The suggestion to all those who are suffering from diabetes is that you need to read labels and make sure to select the right low-sodium options.

For more info related to food intake and food to avoid, you can contact today our professional doctors who are popular for stem cell treatment in Delhi. We will not only handle your diabetes problem but will share the right diet details.



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