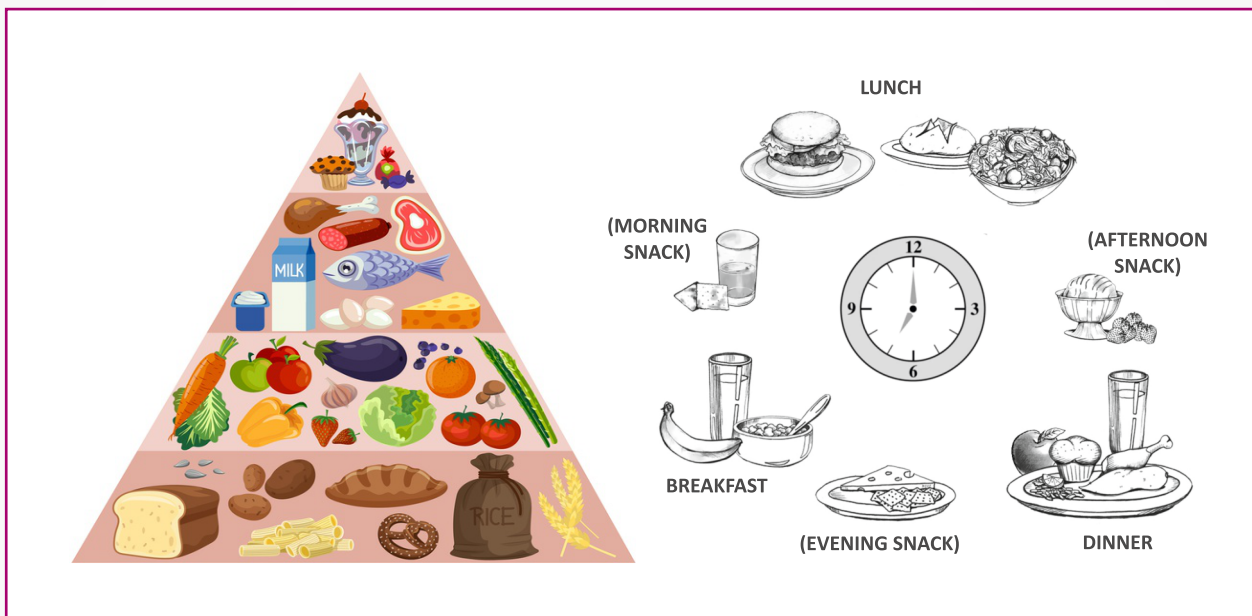


Diabetes can be managed well and one with diabetes can live a healthy life, all you need to do is follow your diet plan as per Doctor's advice

We have some suggestions, to help you out with some basics idea about diet plan:



1. Everyone should aim to eat at least five portions a day
2. Try to eat less in quantity but more frequently like in every 2 to 3 hours
3. Avoid food which has high glycaemic index (E.g. Potatoes, Cold drinks, Cakes & Pastry, Biscuits and packaged foods)

Let's Aarambh a healthy life by following your Diet plan

Though initially it may look difficult but this is a new way of life which is Safe, Simple and Successful-way to manage diabetes well.

Reference:

1. American Diabetes Association. Summary of Revisions: Standards of Medical Care in Diabetes-2021. Diabetes Care 2021; 44:S4.
2. American Diabetes Association. 5. Facilitating Behaviour Change and Well-being to Improve Health Outcomes: Standards of Medical Care in Diabetes-2021. Diabetes Care 2021; 44:S53.