

We Indians just love to celebrate! We have loads of festivals for that. We have festivals for the harvest season, for the victory of good over evil, festival of lights, colours, and lots more!

Fasting is an important spiritual aspect of many religions during festivals, but it can lead to major health problems for some people with diabetes. Depending on the religion, fasting will last for different lengths of time. People who fast during the festivals might experience low blood sugar levels (hypoglycaemia). Does celebration of a festival come at the price of good health?

## LOW BLOOD SUGAR SYMPTOMS



**RAPID HEARTBEAT**



**BLURRY VISION**



**DIZZINESS**



**HEADACHE**



**CONFUSION**



**SHAKING**



**SWEATING**



**HUNGER**

It is for this reason there is a need to take a pragmatic view to ensure good quality of life. One should properly enjoy festive moments of life with family and friends, and at the same time, one should keep an eye on diabetes control.

### Few tips of Healthy Fasting for Diabetics:

- Have slow absorbing foods (which have low glycaemic index), it will keep you filled up and keep your blood glucose levels more even during the fast. Fruits, vegetables, and salad can also be included
- Eat roasted phoolmakhana, roasted peanuts, paneer, water chestnuts (singhara), kheera raita. Amaranth flour can be used for making chapati. Potato should not be consumed
- If you take insulin, you may have to adjust the dose of insulin as the requirement of insulin may reduce up to 40%
- It's recommended to check your blood sugar levels a few times during the day. Fast should also be broken if blood sugar is less than 70 mg/dl
- Don't forget to take your medication or insulin on time
- If you feel the sugar level is dropping, immediately eat curd mixed with little sugar
- Don't leave your stomach empty for more than 2 hours at a stretch
- Consume lukewarm lemon water twice a day

You can have a good time with your friends and family during this festival season, but not at the cost of your diabetes control.

Take good care of your health and celebrate many more!