



## Diabetic's Dietary Awareness During Summer

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### Introduction

Summer seasons is not dangerous for a diabetic patient, this may be proof to be a good time to take care of yourself. The number of diabetic patients is increasing due to poor lifestyle and irregular eating habits.

In today's time not only the elderly but are also the youth becoming victims of diabetics.

People suffering from diabetics should be careful about their food and other things related to lifestyle.

### Let us know what things diabetic patients should include in their diet in summer.

- **Stay hydrated:** Blood sugar levels can increase due to lack of water in the body during summer. So, drink at least 10-12 glasses of water a day. Eat fruits like watermelon, ice apple, orange, cucumber, long melon add coconut water, juices, aam panna and jau ki sattu etc. in liquid form.
- **Eat fibre rich foods:** Fibre rich foods decreases blood sugar and helps in under control. So, can include green leafy vegetables, whole fruits and whole grains, pulses in balanced. Grains which is high in fibre like Dalia, oats and some millets like pearl millets, buck wheat millet, foxtail millet in moderation.
- **Eat foods with low glycemic index:** Low glycemic foods slowly increase blood sugar level. High G.I foods like rice, potatoes, refined flour, processed foods, canned foods, sweetened beverages, soft drink, alcoholic beverages etc. must have to be avoided.
- Low glycemic index foods such as millets, green leafy vegetables, whole fruits, whole pulses, lean meat, egg white, low fat yoghurt, soya products etc. must have to be added.
- **Do regular exercise:** Regular exercise helps in maintaining healthy blood sugar levels. At least 30 min in a day do regular exercise like walking, running, swimming, etc.
- **Take your medicine on time:** Don't forget to take your medicine on time. Do regularly contacts with your doctor and do your blood test check regularly.