

## Exercise for you having diabetes.

- Exercise is good for everyone
- Exercise reduces obesity

## Why is it important to exercise?

It helps to,

- Improve blood sugar
- Reduce body weight
- optimize the action of insulin on your body
- Make you feel better
- Control blood cholesterol

## What you should do when exercising?

Stay active through out the day

It is important to do aerobic exercises like swimming, brisk walking, jogging for 30 minutes a day for at least five days a week

It is important to do resistant training exercises like dumbbell exercises and pushups 30 minutes a day for at least two days a week.

Start with lighter exercises and build up gradually

If you are not used to exercises, start with medical advice

- Stay active the entire day
- Use stairs instead of elevators
- Stay active by engaging in household chores, gardening and cooking



# Nutrition and exercise in diabetes



Diabetes is a disease where your blood sugar is persistently high. Although it is usually impossible to cure diabetes you can enjoy a healthy life by having a good control of diabetes. A Good control of diabetes will help you to prevent complications affecting your heart, brain, kidneys, eyes, nerves and feet.

Main steps in having a good control of diabetes are,

- Taking regular medicines under medical supervision
- Healthy dietary habits
- Being active and engaging in regular exercises

Having healthy dietary practices for good control of diabetes means,

- Ensuring quality of food
- Optimum quantity of food
- Taking meals on correct time

◆ If you have diabetes it is important to take healthy balanced meals with all nutrients

◆ Get used to having main three meals and two snacks at regular times of the day

◆ It is most appropriate to arrange your meal as shown below



◆ Since starchy food (rice, bread, hoppers, string hoppers, potatoes, jackfruit, sweet potatoes, bread fruit, parata and pittu etc.) tend to increase your blood sugar, limit them to 1/4 of your plate. Select them from unrefined rice or grains)



◆ Have 1/2 of your plate from vegetables and green leaves. Since vegetables like carrot, beetroot and pumpkin tend to increase your blood sugar, take them in reduced amounts, while taking more from vegetables like beans, cabbage, ladies fingers, drumsticks, bitter gourd and green leaves.



◆ Have 1/4 of your plate from animal proteins. Eggs, fish and chicken are best for this. It is better to limit red meat like pork, beef and fatty parts of meat.



◆ When you are taking fruits it is better to take them as snacks rather than as desserts. Half ripened fruits or fruits like guava and nelli would be better to control your blood sugar rather than fully ripened fruits.



◆ For a balanced diet take nonfat milk and milk products.



◆ The best drink is water. When you are taking tea or coffee take them without sugar.

◆ For cooking use minimum amount of fat and minimum thick coconut milk.



◆ Even if you are having diabetes you can enjoy any type of food. But you should try to minimize the frequency and quantity of following food items.

Ice cream, pudding, fizzy drinks, sugary juices, jam, jaggery, sauce and processed food with high salt and fat



◆ Avoid alcohol and cigarettes.

