



THE EFFECT OF NUTRITIONAL IN DIABETES TYPE 2

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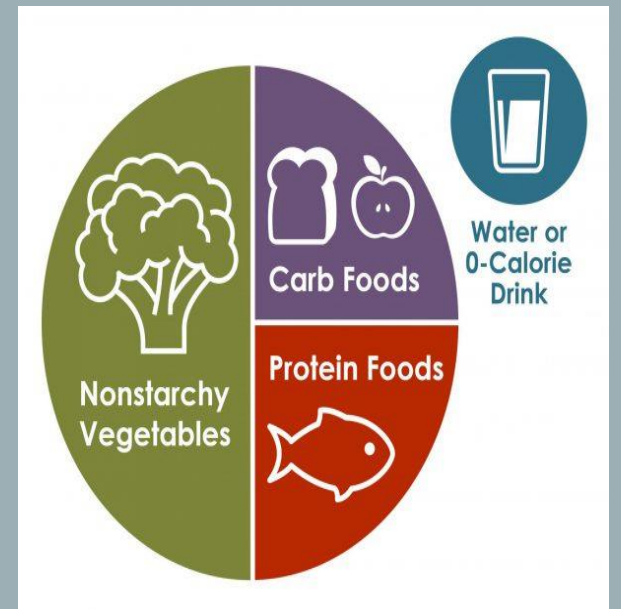
OBJECTIVES :

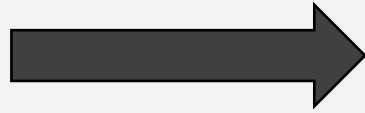
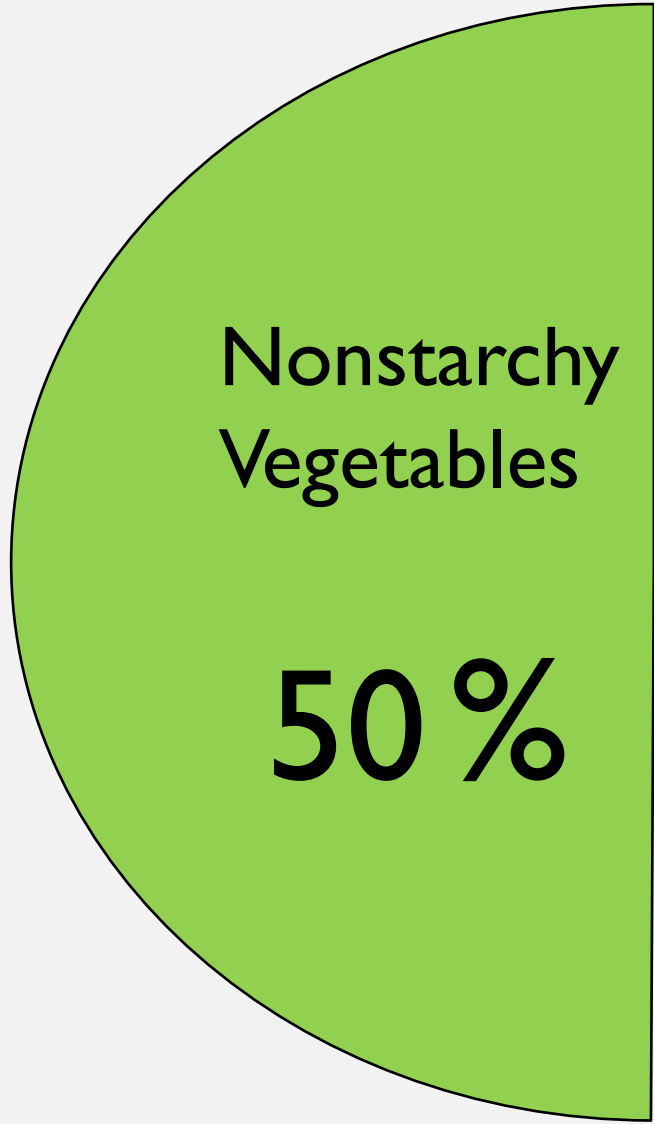
- Discuss diabetes management by plate method .
- Describe effects of water in blood glucose level .
- Mention the amount of water that diabetics consume .
- Compare between best and worst foods for diabetes .

Introduction

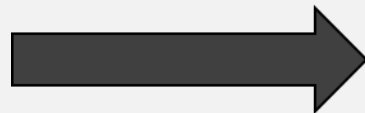
PLATE METHOD

- ❑ The Diabetes Plate Method is the easiest way to create healthy meals that can help manage blood Sugar.
- ❑ Using this method, we can create perfectly portioned meals with a healthy balance of vegetables, protein, and carbohydrates.





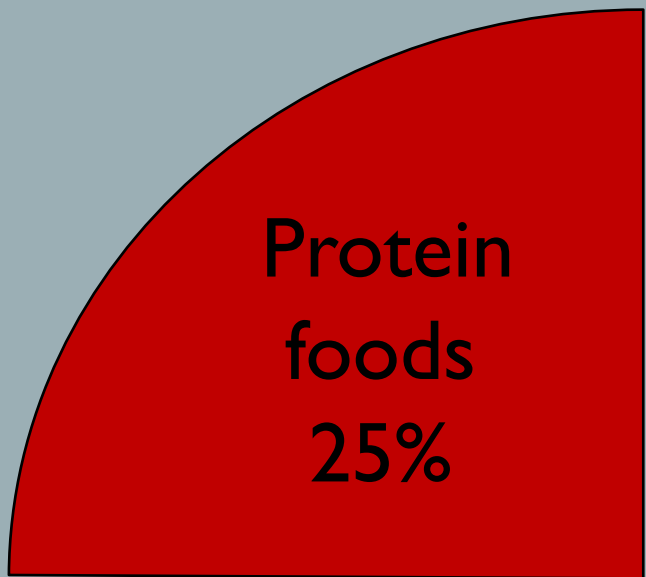
Non starchy vegetables are an important part of healthy diet because they contain vitamins , minerals ,and fiber.



Non-starchy vegetables are low in carbohydrates, so they do not raise blood sugar much.

Non starchy vegetables





Foods high in protein



Lean protein foods



Plant - based protein foods



Foods high in protein



Lean protein foods



Lean beef



Salmon



Shrimp



Eggs



Tilapia



Clams



Cottage cheese

**Plant based
protein**



Edamame



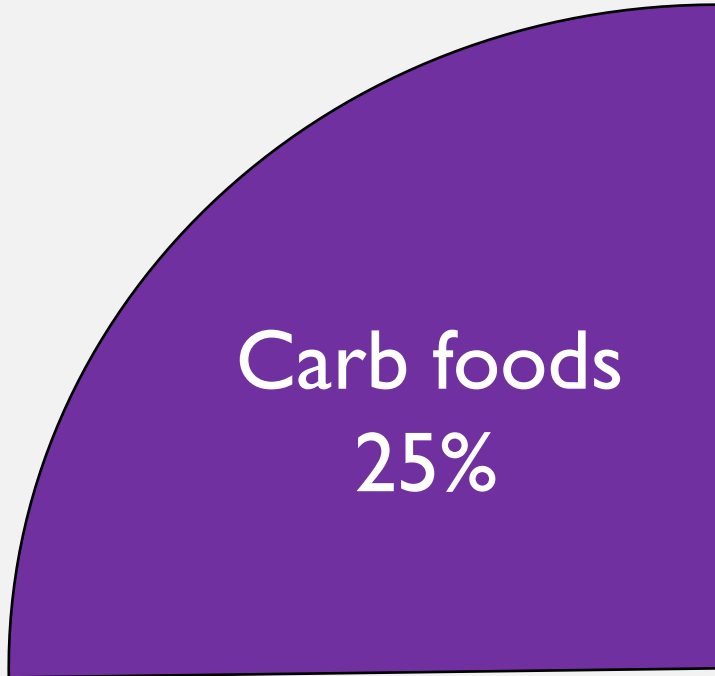
Nuts



Lentils



Beans



Limiting your portion of carbohydrate foods to one quarter of your plate can help keep blood sugars from rising too high after meals.

Whole grains :



Oatmeal



Quinoa



Brown rice

Starchy vegetables :



Sweet potato



Acorn squash



Parsnips

Beans and legumes :



Garbanzo beans



Black beans



Pinto beans

Why is water the best drink for diabetics ?

- Water contains no carbohydrate or no calories.
- Drinking water helps flush out more glucose from the blood.



Diabetic water consumption

- Women : 1.6 litres – around eight 200ml glasses per day
- Men : 2 litres – around ten 200ml glasses per day

Best and Worst foods for diabetes

Best Foods for Diabetes



Soy



Oatmeal



Whole grains



Eggs



Nuts



Tea



Fresh vegetables & fruits



Yogurt

Worst Foods for Diabetes



Pancakes



Soda



French fries



Bacon



Canned fruit



Milk



Fast food hamburgers



Potato chips

Conclusion

- ❑ The application of healthy eating plate combined with nutrition education can effectively control the blood glucose level.
- ❑ Diabetics should drink water to help get rid of excess glucose in the blood.

References

- ❖ *Intechnic* <http://www.intechnic.com>. *What is the diabetes plate method?* [Internet]. *Diabetes Food Hub*. 2020 [cited 2022 May 22]. Available from: <https://www.diabetesfoodhub.org/articles/what-is-the-diabetes-plate-method>.
- ❖ *Editor*. *As water contains no carbohydrate or calories, it is the perfect drink for people with diabetes. Studies have also shown that drinking water could help control blood glucose levels* [Internet]. *Diabetes*. 2019 [cited 2022 May 22]. Available from: <https://www.diabetes.co.uk/food/water-and-diabetes.html>.
- ❖ *Best and worst foods for diabetes* [Internet]. *WebMD*. [cited 2022 May 22]. Available from: <https://www.webmd.com/diabetes/diabetic-food-list-best-worst-foods>.

THANK
YOU