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Diabetes is a long term diseases. It is the inability of the blood cells to absorb glucose or sugar, which leads to thickening of blood and the highly viscose blood doesnâ€™t free flow. Resultantly, the body doesnâ€™t get proper oxygen and nutrition. Very often we notice that people suffering from diabetes eat less or feel less hungry at times. On the contrary people suffering from diabetes should eat at regular intervals and not allow themselves more than 5 waking hours to pass without eating. It is important that they should eat healthy food and follow a balanced diet which is highly nutritional. Eating habit plays a crucial role in the fluctuation of blood sugar levels. Eating after a long interval is harmful because the body then breaks down the glucose into sugar provided by the meal immediately and blood sugar content increases suddenly, which is not advisable. Skipping meals should also be avoided because then the sugar count in the body decreases to a great extent and causes harm to it. So following a routine is as important as managing time and eating healthy. Once we have a scheduled eating plan, we can control our appetite and the body will get the requisite amount of sugar.

The importance of eating a healthy and a balance diet is incomparable. Not only is it significant to have a proper diet but also the right amount of proteins, calories, fats etc should be taken. It is essential that the patient takes in a lot of vegetables and greens in their diet which are generally good sources of complex carbohydrates, low in fat and fiber rich. Fruits can be also included in the diet but only as dessert or should be taken in breakfast.

Fats are also important in care and management of diabetes; studies have shown that fats have helped in stabilizing the levels of blood sugar. However, we should also make sure that either of cheese, milk, butter etc should be avoided.

It is important that patients themselves should be aware of their eating, sleeping and dietary habits. Get regularly checked by the doctor and take medicines on time to control and manage diabetes.

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