Article Side

Cooking for Diabetes

by Cathydionisio

Article published on January 31st 2012 | Health

According to statistics, twenty million American have diabetes. Once people have diabetes, the first thing people taking care of the diabetic patient want to know is about the kind of food that the diabetic patient can eat. In order to control the blood-sugar level, it is necessary that diet is consider and that carbohydrates taken are monitored. The combination of carbohydrates and insulin needs to be balanced.

If you haven't had a fasting test that measures your blood glucose level this is important to have done. You may be considered a prediabetes patient so this is good to find out.

What does one attempt to do for stabilizing blood sugar levels and diabetes? Diet , exercise and portion size are all critical.

It is important to mention that people suffering from diabetes shouldn't skip meals at all, but should eat often. It is often recommended for men to eat between 3 to 5 types of complex carbohydrate during meals and a maximum of 2 types of carbohydrate from snacks. Women are encouraged to eat between 2 to 4 types of carbohydrate during meals and up to a maximum of 2 types of carbohydrate when taking snacks.

Vegetables and fruits are important. Whole grains and milk products are good for protein. Olive oil, canola oil and nuts are very good types of fats to be eaten. Fats found in bacon, high-fat meat and solid shortening are not recommended. Trans fatty acids are not a good idea.

There are now some low carb pastas on the market that taste good and only have 4 or 5 grams per serving. These are good to look into. You can also find rice and soy pasta. Taste them to be sure that they will work for you. Some foods you may like after trying a few times. Do not have a closed mind about new tastes.

In cooking for diabetes patients, it is important to reduce the amount of fats and cholesterol eaten. Foods with high content of fats and cholesterol should be replaced. The patient can eat fat-free or low-fat cheeses instead of high fat food.

Exercise is also very important and should not be neglected. This helps to regulate blood sugar and prevent obesity. Try to exercise at least thirty minutes a day and more if possible. You will notice this is a great aid. Stress can cause spikes in one's sugar levels, so finding ways to deal with stress is important. Also, sometimes there are sleep issues when one has diabetes and this also should be addressed.

Article Source:
http://www.articleside.com/health-articles/cooking-for-diabetes.htm - Article Side

Cathydionisio - About Author:
Learn more about a Diabetes Rash Problems and a Allergic Skin Rashes.

Article Keywords:
diabetes, diabetes diet, cooking for diabetes, foods

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!