



Nutrition, Physical Activity and Development of Healthy Diet in Diabetes

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DESCRIPTION

In diabetes, a healthy lifestyle includes both nutrition and exercise. Along with other advantages, maintaining a balanced diet and exercising regularly will assist in maintaining blood glucose, also known as blood sugar, within the target range. Diabetes must balance what we eat and drink with exercise and diabetic medications, in order to control the blood glucose. The blood glucose levels must be maintained in the range under the medical team advises by paying attention to what we choose to eat, how much we eat, and when we eat.

At first, it may seem difficult to increase the activity level and alter the eating and drinking habits.

- Being physically active most in the week days and eating healthy food
- Maintain the blood pressure, cholesterol, and blood sugar levels within the prescribed ranges
- Stay at a healthy weight or reduce weight
- Feel good and have more energy

Physical activity

Exercise and physical activity can be divided into four fundamental categories. Each one offers significant health advantages:

- Because aerobic exercise forces the heart and lungs to work harder, it strengthens them. By doing aerobic activity for a total of 30 minutes each day
- Strength training, often known as resistance training, strengthens the bones and muscles. Being stronger can lower the chance of falling and make regular tasks easier, like carrying groceries

- Balance exercises which can be a problem for the elderly, it can be avoided. Some balance exercises can be done practically anywhere and at any time

Healthy diet plan

Most of the doctors suggest the patients to consult a nutritionist that can assist in creating a healthy eating plan if patient has diabetes or pre-diabetes. The plan helps to control blood sugar (glucose), and manage weight and control heart disease risk factors, such as high blood pressure and high blood fats. Extra calories and fat cause the blood sugar to spike. If blood glucose levels aren't controlled, it can cause major issues including high blood sugar (hyperglycemia), which if it persists, may result in long-term concerns like nerve, kidney, and heart damage. Making smart meal selections and keeping track of the eating patterns will help to keep the blood glucose levels within a safe range. Eating three meals a day at regular intervals is the foundation of a diabetes diet

CONCLUSION

Diabetes can be prevented and managed with the help of exercise. Depression can be avoided by exercising. People with diabetes need to continuously engage in moderate-intensity exercise and walk for at least 30 minutes each day. The article cited as "The Role of Fitness in Diabetes" in saying that persons with diabetes might potentially incorporate some yoga poses into their exercise regimen. People with diabetes can improve their insulin sensitivity and glycemic control, as well as lessen their dependence on medications or insulin injections, by eating a balanced diet and engaging in regular exercise.

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