

## Cause and Dietary Treatment of Diabetes

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### ABSTRACT

Diet plays important role in the management of diabetes by helping to regulate the blood sugar levels. There are some key principles for the dietary treatment of diabetes like carbohydrate management, protein, fat control. Constant monitoring of blood sugar. Diabetic lack the ability to respond to insulin because they are overweight and they eat too much fat and refined carbohydrates.

**Keywords:** Dietary; diabetes; insulin; Protein; refined; anti diabetic.

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Diabetes is a chronic degenerative disease. It is caused by the metabolic disorder of whole body and of its insulin hormone balance. Diabetes occur in two forms one is diabetes insipidus and other form is diabetes mellitus. Diabetes insipidus is a rare metabolic disorder caused by deficiency of pituitary hormones and its usual treatment is the replacement of those hormones.

Diabetes mellitus, very commonly known as DIABTESE, is of two types-

1. Insulin dependent(juvenile diabetes type-I), often common in children and young adults when the body cells that make insulin stop working, the exact cause of such non-functioning of insulin is yet not known
2. Non-insulin dependent diabetes (Type-II) occurs where body makes some insulin but is unable to use it.

According to American Diabetes Association, diabetes is a chronic metabolic disease that affects our lifestyle mainly the way our body is using our food. Normally our body changes, starches and carbohydrates in the form of sugar called Glucose. But the interesting thing is that many people who develop diabetes after the age of 40 years can become non-diabetic by eating diet based on Vegetables, Whole Grains, Beans and Fish.

By severely restricting bakery products, crystalline sugar, limiting meat, chicken and eggs and eating more root vegetables and fruits.

Recent major study from Europe shows that eating too much protein damages the kidneys in diabetics. So diabetics should restrict taking meat, chicken, and eggs.

Another recent study in America shows that diet rich in refined carbohydrates harm diabetics and that taking monounsaturated and polyunsaturated fats in vegetables and Omega-3 fatty acids in fish helps to reduce insulin requirements.

High blood sugar levels after meals cause sugars to stick to cell membrane and converted into poison called Sorbitol that causes nerve, kidney, artery and heart damage. To keep blood sugar levels from rising too high, substitute whole grains for the refined carbohydrates found in bakery products, avoid crystalline table sugar (if possible stop it). Also eat fruits with meals.

Note- High Fat And High Refined Carbohydrates Kill Diabetics (all diabetics should restrict fats and refined carbohydrates

from their diets because these causes terrible tissue damage including blindness, deafness, loss of feeling, burning foot syndrome, kidney damage and finally heart attack.) [1-3]

## CONCLUSION

Remember managing diabetes through diet is not about depriving of foods rather making healthy choices that support overall well-being and refined carbohydrate control. Thirty-one million Indians became diabetic between 2019-2022. India has 80 million diabetic cases in the

year 2022 and it is projected to increase to 125 million by 2045.

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