

Eating with Diabetes

Especially important if you are healing or facing surgery

WHY WE CARE ABOUT THIS IN ORTHOPAEDICS

High blood sugar **slows wound healing, weakens bone and multiplies the risk of infection** after surgery. Good control before an operation is one of the strongest things in your favour. It also protects the nerves and circulation in your feet.

The approach that works

- **Do not skip meals**, and keep meal times regular. Three meals with two small snacks suits most people on medication.
- **Control the quantity of carbohydrate** at each meal — this matters more than avoiding any single food. Two rotis rather than four; one katori rice rather than three.
- **Always combine carbohydrate with protein, fibre or fat** — roti with dal and vegetable, not roti alone. This slows the sugar rise considerably.
- **Fill half the plate with vegetables** at lunch and dinner.
- Eat vegetables and salad **first**, then protein, then the roti or rice. The same meal in this order gives a lower sugar spike.

BETTER CHOICES

Grains: jowar, bajra, ragi, whole wheat, oats, hand-pounded or brown rice — instead of polished rice, maida and poha alone

Protein: dal, chana, rajma, sprouts, curd, paneer, eggs, fish, chicken

Vegetables: all except potato, sweet potato, yam and arbi in large amounts

Fruit: guava, jamun, papaya, apple, orange, pear — **whole fruit, not juice**, one or two servings a day

Fats: nuts, seeds, a small amount of ghee or cooking oil

Methi seeds, cinnamon and plenty of fibre may help modestly — but they are not a substitute for medicine

AVOID OR STRICTLY LIMIT

All sugary drinks — cold drinks, packaged juice, sweetened lassi, sugarcane juice

Sweets and mithai, jaggery, honey — these raise sugar just as white sugar does

White bread, pav, naan, biscuits, maida items

Fried snacks, chips, farsan, and large quantities of potato and rice

Fruit juice, even fresh — eat the fruit instead

Never stop your diabetes medicine because your diet has improved without telling us.

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