

## Common Food Diabetic People Can Eat

The most basic way to treat diabetes is to modify the patient's daily diet and increase physical activity. The foods diabetic people can eat are varied. Contrary to popular belief, there are many delicious recipes to prepare foods to suit a diabetic's needs.

Type I Diabetes is mostly seen in children, but it's no longer believed to be affecting just them. It's an autoimmune disease, which is caused by damaged insulin-producing beta cells in the pancreas. In comparison, Type II Diabetes is a metabolic disorder, where the body is insulin resistant or deficient. Common foods recommended in a diabetic diet include fibrous, sugar-free and fat-free varieties.

Diabetes is mostly seen in people who are overweight and physically inactive. But, despite the stereotypical patient categorization, there are people who get the disease because of heredity. The lifestyle is almost always responsible for the onset of diabetes, because even if you are susceptible to it due to genes, you can still avoid it by following a proper diet and exercise regime. While diabetes can be kept at bay by using external medication to give enough insulin to the body, the first treatment method recommended by physicians is a practical daily diet consisting of various healthy food options.

You also have to make sure that you stay active - some kind of activity that you enjoy, whether it is walking, or dancing, or jogging - should be taken up and stuck to, for at least half an hour each day. You should also make sure that your diet is designed with healthy alternatives to your regular eating habits, and avoids things like sweets, high-fat foods and alcohol.

A typical diabetic diet should include fibrous carbohydrates, protein, vitamins, minerals and plenty of water. Whole grains, wholemeal bread and oats are excellent examples for fibrous carbohydrates, while protein should be taken from lean meat, fish, legumes, nuts and seeds. Vitamins and minerals can be found in abundance in leafy green vegetables and fresh fruits. Such food items can be consumed in any amount and throughout the whole day. The 8-glass minimum for water consumption must also be followed.

All sorts of creams and sauces must be avoided while preparing diabetic foods. Barbecue, teriyaki and sweet and sour sauces are strictly to be avoided.

Eggs, red meat, mayonnaise, cheese, butter and fizzy drinks are harmful for a diabetic. Among the other foods diabetic people can eat are anything that includes unsaturated fats and prepared in an unsweetened way. There's no constant or strict diabetic diet, but it's the diabetic person's responsibility to eat healthy and keep exercising. By talking to a nutritionist or doctor, a varied and nutritious long-term diet can be followed by replacing existing food items with healthy alternatives.

### About the Author

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