



CREATED BY GYMNASIUM

OVERVIEW

Type 2 diabetes, your body either resists the effects of insulin — a hormone that regulates the movement of sugar into your cells — or doesn't produce enough insulin to maintain a normal glucose level.

More common in adults, type 2 diabetes increasingly affects children as childhood obesity increases. You may be able to manage the condition and control it by eating well, exercising and maintaining a healthy weight. If diet is ordinary to manage your blood sugar well and you don't exercise then you have to need diabetes medications or insulin therapy.

It's no secret that diet is essential to managing type 2 diabetes symptoms So let's eat right and do little bit workout to fix this problem.

TIPS: DO's & DON'T's



The Basics of Blood Sugar Control

Type 2 diabetes is a condition in which the body doesn't make enough insulin. This can cause high blood sugar and symptoms such as:

- Fatigue
- Blurred vision
- Increased appetite
- Excessive thirst
- Excessive urination

The **normal blood sugar range** for diabetics, as determined by the [American Diabetes Association](#), is between 70 and 130 mg/dL before meals and less than 180 mg/dL a few hours after you began eating. You can use a blood sugar monitor to check your blood glucose levels and adjust your diet accordingly.

Low-Sugar Diet

When someone with diabetes has **low blood sugar**, a spoonful of honey can help raise glucose levels. However, sugar is often considered the nemesis of diabetes because of how quickly it can spike blood glucose levels.

If you have diabetes, you should closely monitor your sugar consumption — especially refined sugar and other forms of the simple carbohydrates. In addition to low-sugar foods, you should also eat low-fat foods and a well-balanced diet.

Low-Fat Diet

Foods that are high in sodium, saturated fats, cholesterol, and trans fat can elevate your risk for heart disease and stroke. However, that doesn't mean that you have to avoid all fats. Foods rich in good fats—monounsaturated and polyunsaturated fat — can help lower cholesterol levels.

Try replacing refined oil with Olive oil, and nuts are also good sources of this nutrient.

Foods to Avoid:

- Whole meat
- Mutton
- Processed foods
- High-fat dairy products like whole fat milk, cheese, butter, etc

Fruits and Vegetables

Balancing carbohydrates, fats, and sugars is integral to a diabetes-friendly diet. While processed and refined carbs are bad for you, whole grains and dietary fiber (good carbs) are beneficial in many

ways. Whole grains are rich in fiber and beneficial vitamins and minerals. Dietary fiber helps with digestive health, and helps you feel more satisfied after eating.

Foods to Eat:

- Leafy green vegetables & Lettuce
- All Nuts (Peanuts, Almonds, Cashews, Walnuts, etc)
- Whole grains (Brown Rice, Whole wheat roti, Wheat bead, Oats, Quinoa, Millet, etc)
- All Seeds (Flaxseed, Sesame seeds, Chia seeds, etc)
- Low-fat dairy products
- Beans, Channe and peas
- Fresh low-sugar fruits (blueberries, raspberries, blackberries, cranberries, pears, melon, grapefruit, apple and cherries)

Fruit to Avoid:

- Watermelon
- Pineapple
- Raisins
- Apricots
- Grapes
- Oranges

Complex Carbs (Starches)

Starches are another type of food your body converts into blood glucose. They not only provide a source of energy but also vitamins, minerals, and fiber. Whole grain starches are the healthiest because they maximize nutrition and break down into the bloodstream slowly. I recommend at least one serving of starch at every meal.

Foods to Eat:

- Whole Grain Bread
- Whole Grain Pasta,
- Whole Grain Cereal,
- Brown Rice,
- Whole Wheat Roti
- Sweet Potato

Foods to Avoid:

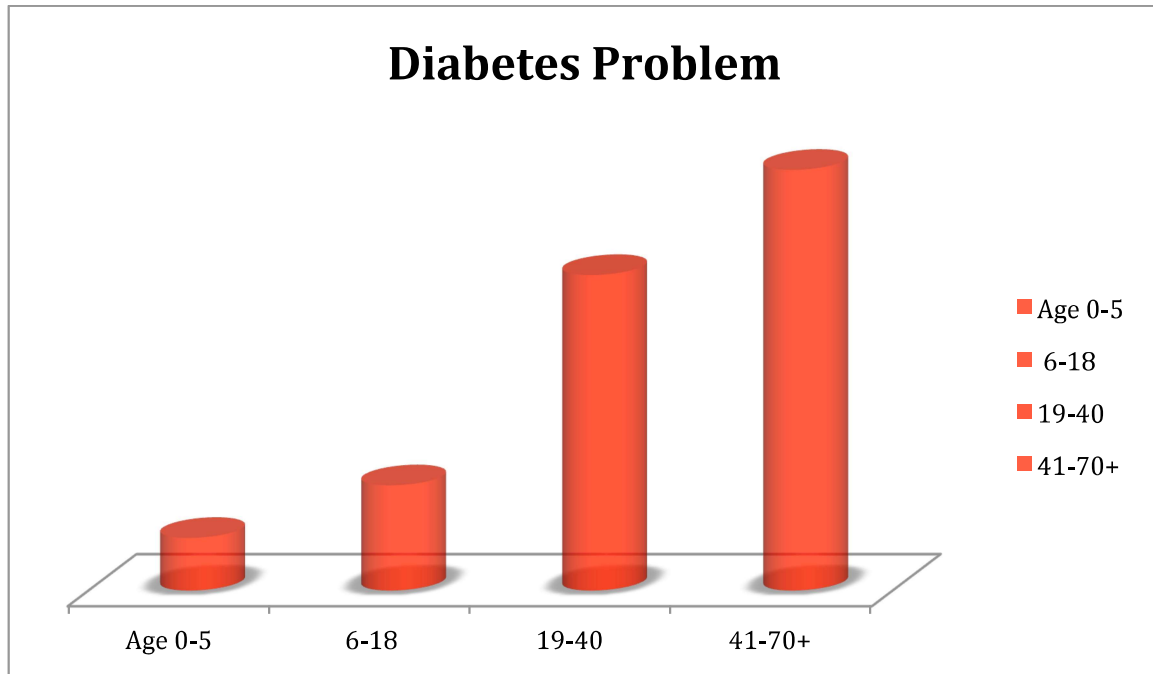
- Potato chips
- Packaged snacks
- Candy bars
- White Rice
- White Bread
- Refined Aata
- White Naan
- White Potato
- Soft Drinks
- Packed Juices
- Indian Sweets

Cut back on refined carbs and sugary drinks. White bread, white rice, white pasta and potatoes cause quick increases in blood sugar, as do sugary soft drinks, fruit punch, and fruit juice. Over time, eating lots of these refined carbohydrates and sugar may increase your risk of type 2 diabetes. To lower your risk, switch to whole grains.

When to Eat

If you have diabetes, you should eat smaller meals throughout the day to avoid unnecessary spikes in your blood glucose level. However, your body requires more sugars and carbohydrates during exercise, so eat before and after a workout.

Checkout nutrition plan at the bottom.



FOOD TO AVOID	FOOD TO EAT
<ul style="list-style-type: none">• Whole meat• Mutton• Processed foods• High-fat dairy products like whole fat milk, cheese, butter• Watermelon• Pineapple• Apricots• Grapes• Oranges• Potato chips• Packaged snacks• Candy bars• White Rice• White Bread• Refined Aata• White Naan• White Potato• Soft Drinks• Packed Juices• Indian Sweets	<ul style="list-style-type: none">• Leafy green vegetables & Lettuce• All Nuts (Peanuts, Almonds, Cashews, Walnuts, etc)• Whole grains• All Seeds (Flaxseed, Sesame seeds, Chia seeds, etc)• Low-fat dairy products• Beans, Channe and peas• Fresh low-sugar fruits (blueberries, raspberries, blackberries, cranberries, pears, melon, grapefruit, apple and cherries)• Whole Grain Bread• Whole Grain Pasta,• Whole Grain Cereal,• Brown Rice,• Whole Wheat Roti• Sweet Potato• Millet• Oats• Quinoa• Eggs• Chicken• Fish• Tofu/Low Fat Paneer• All Vegetables

NUTRITION PLAN

For All Age MEN & WOMEN

MEAL 1 – BREAKFAST – 8-9AM		
OPTION#1	<u>Banana Shake</u> <ul style="list-style-type: none"> 1 Banana 1 cup Non Fat Milk 2sp Flaxseed (grounded) 2pinch Cinnamon 	ALTERNATES: 1cup Strawberries/Blueberries 1cup Almond Milk or Soy Milk 2sp Chia or Sesame Seeds 1sp Peanut Butter
OPTION#2	<u>Muesli</u> <ul style="list-style-type: none"> 1 cup Muesli (Bagrry's Brand) 1 cup Non Fat Milk 	ALTERNATES: 1cup Bran Cereals 1cup Whole Grain Cereals 1cup Almond Milk or Soy Milk
OPTION#3	<u>Scrambled Eggs & Toast</u> <ul style="list-style-type: none"> 1 Whole Egg 1 Egg White 1 Whole wheat Bread or Roti 1cup Melon 	ALTERNATES: 1cup Cherries 1 Pear
OPTION#4	<u>Oats</u> <ul style="list-style-type: none"> ½ Oats ½ Apple 10 Almonds 2pinch Cinnamon 	ALTERNATES: ½ cup Millets 10 Cashews/Walnuts

EXTRA OPTION: You can add 1 plain roti with plain curd as well

MEAL 2 – AFTERNOON SNACK – 11-12PM		
OPTION#1	<u>Almonds & Dried Cranberries</u> <ul style="list-style-type: none"> 10-12 Almonds 10-12 Cranberries 1cup Indian Tea [5g Stevia] 	ALTERNATES: 25g Walnuts/Cashews 10-12 Raisins 1 cup Green or Herbal Tea
OPTION#2	<u>Nuts & Fruits</u> <ul style="list-style-type: none"> 1 cup Papaya 1 Pear or Guava 10 Cashews (non salted) 	ALTERNATES: 1 Apple 1cup Berries or Cherries 28g Peanuts
OPTION#3	<u>Almonds & Apple</u> <ul style="list-style-type: none"> 1 Apple 10-12 Almonds 1cup Indian Tea [5g Stevia] 	ALTERNATES: 25g Walnuts/Cashews 10-12 Raisins 1 cup Green or Herbal Tea
OPTION#4	<u>Nuts & Fruits</u> <ul style="list-style-type: none"> 1 Pear 1 cup Cherries 1 Peanuts (non salted) 	ALTERNATES: 25g Walnuts/Cashews 10-12 Raisins 1 cup Green or Herbal Tea

MEAL 3 – LUNCH – 2-3PM

OPTION#1	Rice Palao <ul style="list-style-type: none"> ½ cup cooked Brown Rice Add vegetables <ul style="list-style-type: none"> ➤ Peas ➤ Cauliflower ➤ Carrots ➤ Bell pepper ➤ Onion (Add Tulsi) 1cup Low fat Yogurt (Curd) 	ALTERNATES: ½ Flattened Rice (Poha) Add any other vegetable as well
OPTION#2	Paneer Bhurji <ul style="list-style-type: none"> 60-80g Fresh Paneer Add 2 cup vegetables <ul style="list-style-type: none"> ➤ Peas ➤ Bell pepper ➤ Tomato ➤ Ginger ➤ Onion 1 Whole Roti 	ALTERNATES: 60-80g Soy Paneer (Tofu) Add any other vegetable as well
OPTION#3	Rajma Chawal <ul style="list-style-type: none"> ½ cup cooked Brown Rice 1 cup Kidney Beans (Cooked in olive oil) ½ Cucumber	ALTERNATES: ½cup Black Lentil ½cup White/Black Chickpeas cooked in coconut oil
OPTION#4	Egg Bhurji <ul style="list-style-type: none"> 3 Egg Whites Add 2 cup vegetables <ul style="list-style-type: none"> ➤ Peas ➤ Bell pepper ➤ Tomato ➤ Ginger ➤ Onion 1 Whole Roti 	ALTERNATES: Tofu or Paneer Bhurji

EXTRA OPTION: You can add 1 plain roti with mixed vegetables or Dal or Channe or Spinach as well

MEAL 4 – EVENING SNACK – 5-6PM

OPTION#1	Roasted Channe <ul style="list-style-type: none"> 1 cup Roasted White Chickpeas 	ALTERNATES: 1cup Black Chickpeas
OPTION#2	Cookies <ul style="list-style-type: none"> 2 Oats Cookie(Britannia Nutricare) 1 cup Skim Milk 	ALTERNATES: 2 Fiber Biscuits
OPTION#3	Roasted Soy <ul style="list-style-type: none"> 1 cup Roasted Soy Beans 	ALTERNATES: 1cup Black/White Chickpeas
OPTION#4	Protein Laddoo <ul style="list-style-type: none"> 1 Protein Laddoo** 1cup Indian Tea [5g Stevia] <i>**Recipe is on my Health and Fitness Channel</i>	ALTERNATES: 1 Home made protein bar <i>Recipe is on my Health and Fitness Channel</i>

MEAL 5 – DINNER – 8-9PM		
OPTION#1	Bean Bowl <ul style="list-style-type: none"> • ½ cup Kidney Beans • 2sp Onion • 2sp Tomato • 50g Paneer • ½ chopped Carrot • ½ chopped Cucumber • ½ Lemon • Little bit cilantro 	ALTERNATES: ½cup Black Kidney Beans ½cup Lentil 60g Grilled Chicken 50g Soy Chunks 50g Tofu Add any other vegetable as well
OPTION#2	Roti Roll <ul style="list-style-type: none"> • 1 Whole Roti • 1cup mixed vegetables <ul style="list-style-type: none"> ➢ Peas ➢ Cauliflower ➢ Carrots ➢ Bell pepper ➢ Onion 	ALTERNATES: ½cup Broccoli Red Bell Pepper Green Beans
OPTION#3	Dal Chawal <ul style="list-style-type: none"> • ½ cup cooked Brown Rice • 1 cup Any Lentil (Cooked in olive oil) • ½ Apple 	ALTERNATES: ½cup Mushrooms 1 Roti ½ Orange
OPTION#4	Soup <ul style="list-style-type: none"> • 1 Bowl Home Made Tomato Soup • 2 Boiled Egg Whites 	ALTERNATES: 1 Bowl Chicken Soup

EXTRA OPTION: You can add 1 plain roti with mixed vegetables or Dal or Channe or Spinach as well

WORKOUT PLAN

For MEN & WOMEN – AGE 16 to 40

For GYM WORKOUT Follow:

- 6 Week Shredded
- Muscular 8
- Shredded Next Level
- Get Ripped

For HOME WORKOUT Follow:

- Fit Zone Level 1
- Fit Zone Level 2
- Fit Zone Level 3
- Fit Zone Level 4
- Fit Zone Level 5

For MEN & WOMEN – AGE 40+

1 Hour Out door Walk or on Treadmill Everyday or Gym Workout

NOTE: PRINT OUT THIS PAGE AND FILL OUT THE BODY MEASUREMENTS ON WEEKLY BASIS TO SEE THE PROGRESS

PROGRESS - WEEK 1

DATE: _____
NAME: _____
AGE: _____
BLOOD SUGAR LEVEL: _____
WEIGHT: _____
STOMACH: _____
HIP: _____
WAIST: _____

PROGRESS - WEEK 2

DATE: _____
NAME: _____
AGE: _____
BLOOD SUGAR LEVEL: _____
WEIGHT: _____
STOMACH: _____
HIP: _____
WAIST: _____

PROGRESS - WEEK 3

DATE: _____
NAME: _____
AGE: _____
BLOOD SUGAR LEVEL: _____
WEIGHT: _____
STOMACH: _____
HIP: _____
WAIST: _____

PROGRESS - WEEK 4

DATE: _____
NAME: _____
AGE: _____
BLOOD SUGAR LEVEL: _____
WEIGHT: _____
STOMACH: _____
HIP: _____
WAIST: _____

PROGRESS - WEEK 5

DATE: _____
NAME: _____
AGE: _____
BLOOD SUGAR LEVEL: _____
WEIGHT: _____
STOMACH: _____
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WAIST: _____

PROGRESS - WEEK 6

DATE: _____
NAME: _____
AGE: _____
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WEIGHT: _____
STOMACH: _____
HIP: _____
WAIST: _____

PROGRESS - WEEK 7

DATE: _____
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BLOOD SUGAR LEVEL: _____
WEIGHT: _____
STOMACH: _____
HIP: _____
WAIST: _____

PROGRESS - WEEK 8

DATE: _____
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AGE: _____
BLOOD SUGAR LEVEL: _____
WEIGHT: _____
STOMACH: _____
HIP: _____
WAIST: _____

PROGRESS - WEEK 9

DATE: _____
NAME: _____
AGE: _____
BLOOD SUGAR LEVEL: _____
WEIGHT: _____
STOMACH: _____
HIP: _____
WAIST: _____

PROGRESS - WEEK 10

DATE: _____
NAME: _____
AGE: _____
BLOOD SUGAR LEVEL: _____
WEIGHT: _____
STOMACH: _____
HIP: _____
WAIST: _____