

Foods that You Should Avoid with Diabetes

Topics

Diabetes mellitus refers to the condition of unusually high blood sugar level due to the body either not able to use the insulin it produces effectively or not producing enough of it. After a meal, blood sugar normally increases and decreases within one to two hours, but a high blood sugar level is maintained in diabetic patients for a few more hours.

Risk factors of type 1 and type 2 diabetes

There are 2 main types of diabetes: type 1 and type 2 diabetes. Both types have their own causes and risk factors.

Type

Type 1 diabetes

Type 2 diabetes

Definition

Risk factors

Common symptoms of diabetes

Management and treatment options for diabetes

Usually comprises of medications, lifestyle changes, and occasionally insulin therapy, the common approaches are:

Lifestyle changes

Lifestyle alterations are important to manage diabetes which may include:

Medications

Prescribed medications that aim to lower blood sugar levels are different depending on which diabetes type and distinct circumstances. Examples of medications are:

For more information: Diabetes Prevention

Foods that should be avoided and are recommended for diabetes control

Making educated food decisions is essential for people with diabetes. The following is a list of foods to stay away from and should be included in diet to stabilise your blood sugar levels, along with the rationale for each suggestion.

Foods that should be avoided for diabetes control

Sugary snacks & beverages

High sugar content snacks like candies, cookies, and pastries, and beverages like soft drinks and fruit juices can cause rapid spikes in blood sugar levels.

Canned fruits in syrup

Refined grains

Processed meats

Bacon, hot dogs, and sausages contain unhealthy fats and sodium.

High-fat dairy

Full-fat dairy products contain saturated fats, which could aggravate heart disease.

Trans fats

Trans fats are highly present in fried and commercially baked products. They should be avoided to reduce the risk of heart-related illnesses.

Alcohol

Alcohol may interfere with diabetes medications and have an impact on blood sugar levels.

Foods that are recommended for diabetes control

Leafy greens

Carrot, spinach, collard greens, and kale are full of nutrients and do not affect blood sugar much.

Whole grains

Berries

Foods rich in antioxidants and fibre like strawberries, blueberries, and raspberries are highly recommended.

Legumes

Beans, lentils, and chickpeas which are rich in fibre, protein, and complex carbohydrates, are among the best choices to stabilise blood sugar levels and promote fullness.

Nuts

Nuts like pistachios, walnuts, and almonds make nutritious snacks that may aid in blood sugar regulation.

Healthy fats

Since individual tolerance to the foods that should be avoided varies from person to person, it is important to work with your doctor to create a personalised diet plan.

Schedule an appointment at Gleneagles Hospitals

To better manage diabetes, reduce the risk of complications related to diabetes, and overall take control of your health, it is utmost important to understand what foods to avoid and make informed dietary choices through actions such as staying away from foods that can cause blood sugar level spikes and including more diabetes-friendly options in the diet.

Here at Gleneagles Hospitals, we provide a wide variety of health screening programs that suit different individuals with different health status and needs. The team of healthcare professionals is available to provide assistance and can suggest or customise a screening plan based on your family, age, gender, and medical history.

Contact the Health Screening Centre for appointments or schedule an appointment today to deepen your understanding about diabetes management. You can also discover more about our Endocrinology Services at your nearest Gleneagles Hospital.

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연번: 1

Type: Definition

Type 1 diabetes: A hereditary autoimmune condition. The insulin-producing cells in the pancreas are attacked and destroyed by the body's immune system, which leads to insulin deficiency.

Type 2 diabetes: Mostly preventable. Typically associated with lifestyle factors like a poor diet, sedentary

lifestyle, and physical inactivity

연번: 2

Type: Risk factors

Type 1 diabetes: Family history of type 1 diabetes (genetic predisposition)Younger age – higher probability of being diagnosed as a child, teenager or young adult

Type 2 diabetes: Family history of type 2 diabetesOverweightPoor dietary habitsSedentary lifestyleSmoking

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