

# Foods that You Should Avoid with Diabetes

14 September 2024 · 10 mins read

## 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

A hereditary autoimmune condition  
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### Risk factors

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

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Family history of type 2 diabetes  
Overweight  
Poor dietary habits  
Sedentary lifestyle  
Smoking

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## **Common symptoms of diabetes**

Frequent urination  
Excessive thirst  
Fatigue  
Unexplained weight loss  
Slow wound healing  
Tingling or numbness in hands or feet  
Blurred vision

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## **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:

Diet: It is vital to keep a balanced diet.  
Exercise: Consistent physical activity can help increase insulin sensitivity and decrease blood sugar levels.  
Stress management: Relaxation techniques that help decrease stress can keep blood sugar under control.

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### **Medications**

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

Metformin, pioglitazone, alogliptin, glimepiride, sitagliptin or gliclazide.  
Insulin therapy that

varies in dosage and timing according to individual requirements may be needed by people with type 1 diabetes and part of people with type 2 diabetes.

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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

Compared to fresh fruits, canned fruits are added with much more sugar.

Refined grains

Studies suggest that foods made from white flour, like white bread and pasta, can lead to sharp spikes in blood sugar due to their low fibre content.

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

High fibre content foods like oats, quinoa, whole wheat bread, and barley may help control blood sugar levels.

#### 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

Healthy fats can enhance insulin sensitivity and are crucial for heart health. Olive oil, avocados, nuts (almonds, walnuts, pistachios), seeds (chia seeds, flaxseeds), and fatty fish (salmon, mackerel, sardines) are good sources of unsaturated 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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## ※ 표 정보

### 연번: 1

Type: Definition

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Type 2 diabetes: Mostly preventableTypically associated with lifestyle factors like a poor diet, sedentary lifestyle, and physical inactivity

### 연번: 2

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