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| Facts related to patients | Facts related to diseases | Facts about meal |
| X is a patient which has unexplained weight loss | Diabetes is one of leading cause of death in world | Some diabetes patients are non vegeterian |
| All diabetes patient has a blurred vision | It’s a life style disease | High calorie food contains less carbohydrates |
| Some diabetes patient has extreme hunger | Everyone is face type 2 diabets | Less Carbohydrates means less cereal food group |
| Every diabetes patient take insulin | People with diabetes can live long and healthy lives when their diabetes is detected and well managed | Someone eats 3 times a day |
| Patient(x) has high level of sugar in blood can damage the body nerves | Early diagnosis and intervention is the starting point for living well with diabetes | someone with High BP doesn’t eat karela |
| Some patients have sexual problems in both men and women | Every most diabetes patient deaths occur in low and middle income countries | All type 2 diabetes patient eat brown rice |
| Someone has family history of diabetes | All Diabetes is an important cause of blindness,amputation and kidney failure | All patient eat green leafy vegatables |
| All diabetes patient does eat pork | Diabets is not caused just by eating too much suger | Every diabetes patients eat beans |
|  |  | All patients limit their carbohydrates intake |
|  |  | All patients avoid high GI fruits |
|  |  | Avoids salty foods |
|  |  | Everyone avoid alcohol |
|  |  | Everyone should eat fatty fish |