



تجمع الرياض الصحي الثاني
Riyadh Second Health Cluster



Nutritional Guidelines for Diabetic Patient



Dietary guidelines to maintain blood sugar:

- 1. Follow a diet that is provided by the clinical dietitian which depends on specific criteria such as: (calories, health status, gender, weight, age, and degree of physical activity).**
- 2. Eat at regular intervals and do not skip meals, an equal distribution of food helps control blood sugar.**
- 3. Maintain a normal weight. If you are obese, there is a need to reduce weight.**
- 4. Do physical activity frequently such as walking.**
- 5. Measure the blood sugar regularly before and after meals; to ensure it is in the normal range.**
- 6. Read food label before buying to know the amount of sugar and fats.**

- 7. Eat red meats in moderate amount, and make sure to remove fats from meats and skin from chicken before cooking.**
- 8. Cook by oven, boiling, grilling, or steaming, and stay away from frying.**
- 9. Choose low or free fat dairy products instead of whole fat product.**
- 10. Choose free fat cheese instead of creamy or the solid which is full of fat.**
- 11. When you cook use non-stick kitchen utensils to reduce the oil.**

Limit or avoid the following:

- **All types of sugar: white sugar, sweets, jams, and honey.**
- **Food that is high in fats and cholesterol such as: Egg Yolk. Liver, Brain, Butter, Shrimp, Sausages, Hot Dogs, Mortadella, Burgers, and Shawerma.**
- **Ready-to- eat Food cans is harmful and unhealthy; because it is high in sugar, salt and fats.**
- **Soda drinks and fruits syrup. It's highly recommended to be replaced with fresh juice without sugar.**
- **Fast food that's high in salt and fats.**
- **Saturated fat from (animal sources) such as: (better, margarine). And use unsaturated fat**

from plants oils in small amount such as (corn oil, olive oil, sunflower oil).

- Nuts and chips because it is high in fat.
- Sweets that high in fat. E.g. (ice cream, cake, chocolate, donuts, and croissant).
- Mayonnaise, sauce, and dressing that ready to eat are high in fat, instead of them use vinegar or lemon juice.

When you have a low blood sugar:

Symptoms: weakness, sweating, confusion, dizziness, and may lead to Coma.

You should drink half of cup of juice or piece of sweet immediately.

When you feel fullness or nausea related to high blood sugar:

Symptoms: abdominal pain, vomiting, dizziness, high level of Ketones in urine, and may lead to coma.

لأن الوعي وقاية ..

إدارة التثقيف الصحي

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