

Understanding What Food Does to Your Blood Sugar

Why Food Choices Matter in Type 2 Diabetes^[1]

Every time you eat, your body breaks down carbohydrates into sugar (glucose), which enters your bloodstream. In Type 2 diabetes (T2D), **your body cannot manage** this glucose properly so blood sugar rises too high after meals.

Smart eating can reduce your HbA1c by 1–2% in just 3–6 months without extra medication.

Not All Carbohydrates Are the Same^[3,4]



Refined carbs (white bread, white rice, sugary drinks, sweets) spike blood sugar sharply.



Fibre-rich carbs (whole grains, vegetables, lentils, dal) digest slowly and raise blood sugar gently.



Choose low **Glycaemic Index (GI)** foods more often to keep HbA1c in a healthier range.



The Diabetes Plate Method^[1]



- **Total Carbohydrates:**
Includes sugars, starch, and fibre.
- **Added Sugars:**
Aim for as low as possible.
- **Fibre:**
Look for at least 3g per serving.
- **Serving Size:**
Check how much is in one serving.

Fill Your Plate This Way!^[3,5]

Note:

You don't need to cut out carbohydrates completely. Choose the right kinds and right amounts. Small, steady changes add up to real improvements in your blood sugar.

References

1. American Diabetes Association. Standards of Care in Diabetes—2024. *Diabetes Care*. 2024;47(Suppl 1):S1–S321.
2. Evert AB, et al. Nutrition Therapy for Adults With Diabetes or Prediabetes. *Diabetes Care*. 2019;42(5):731–754.
3. Reynolds AN, et al. Dietary fibre and whole grains in diabetes management. *PLOS Medicine*. 2020;17(3):e1003053.
4. Livesey G, et al. Dietary Glycemic Index and Load and the Risk of Type 2 Diabetes. *Nutrients*. 2019;11(6):1280.
5. World Health Organization. Healthy diet. WHO Fact Sheet. 2020.

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Building a Balanced Plate:

What to Eat More of and What to Limit



Eating Well With T2D Is About Addition, Not Just Restriction

Managing T2D through food is not about what you cannot eat. It is about adding foods that protect you and reducing the ones that cause harm. No single food is forbidden.

Your overall eating pattern matters most.^[1]

Eat More of These



- **Non-Starchy Vegetables** (spinach, broccoli, cauliflower). Low in carbs, high in fibre. Fill half your plate.^[2]
- **Whole Grains & High-Fibre Carbs** (oats, brown rice, lentils): Digest slowly, prevent blood sugar spikes.^[3]
- **Lean Protein** (chicken, fish, eggs, tofu, beans): Keeps you full, does not raise blood sugar.^[1]
- **Healthy Fats** (avocado, nuts, olive oil, oily fish): Improve insulin sensitivity, protect the heart.^[4]



Limit or Avoid These



- **Sugary Drinks** (soda, fruit juice, sweetened chai): Spike blood sugar. Choose water or plain buttermilk.^[5]
- **Refined Carbs** (white bread, biscuits, maida): Raise blood sugar quickly.^[3]
- **Fried & Ultra-Processed Foods:** Worsen insulin resistance, increase heart risk.^[4]
- **High-Sugar Foods** (sweets, mithai, ice cream): Fast glucose, no nutrition.^[1]



Meal Timing Matters

- Eat 3 balanced meals a day, same times daily.^[1]
- Avoid gaps of more than 4–5 hours between meals.
- Eat slowly, at least 20 minutes per meal.



Note: You do not need special diabetic foods. Whole, minimally processed foods that are good for your blood sugar are good for the whole family.

References

1. Evert AB, et al. Nutrition Therapy for Adults With Diabetes or Prediabetes. *Diabetes Care*. 2019;42(5):731–754.
2. American Diabetes Association. Standards of Care in Diabetes—2024. *Diabetes Care*. 2024;47(Suppl 1):S1–S321.
3. Reynolds AN, et al. Dietary fibre and whole grains in diabetes management. *PLOS Medicine*. 2020;17(3):e1003053.
4. Schwingshackl L, Hoffmann G. Monounsaturated fatty acids, olive oil and health status. *Lipids Health Dis*. 2014;13:154.
5. World Health Organization. Healthy diet. WHO Fact Sheet. 2020.

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Managing Your Weight:

The Connection Between Body Weight and Blood Sugar

Why Weight Management Matters in T2D



Carrying extra weight, especially around the abdomen, is a key driver of insulin resistance in T2D.^[1]



Losing 5~10% of your body weight (4-8 kg for an 80 kg person) **Improves** Blood Sugar, Pressure & Cholesterol

Losing 10~15 kg can lead to T2D Remission^[1,2]

Practical Steps for Healthy Weight Loss

| | | | | |
|--|--|---|---|--|
| <p>Cut Calories Gradually^[3] ~500 kcal/day = 0.5 kg/week</p> | <p>Fill Up on Fibre^[4] Veggies, Legumes & Whole Grains</p> | <p>Cut Sugary Drinks ✓ Swap Soda for Water^[5]</p> | <p>Reduce Ultra-Processed Foods^[6] + Limit Junk & Fast Food</p> | <p>Don't Skip Meals^[4] ✓ Eat Regularly</p> |
|--|--|---|---|--|

Dietary Patterns With the Strongest Evidence^[1]



Mediterranean Diet

Veggies, Fish & Olive Oil



Low-Carb Diet

Under 130g Carbs per Day



DASH Diet

Fruits, Whole Grains & Low-Fat Dairy



Plant-Based Diet

Vegetables, Legumes, Nuts

Note: Managing T2D through food is a long-term journey.

- ✓ Small, consistent improvements add up.
- ✓ Consult your diabetes care team before making major dietary changes.



References

1. Evert AB, et al. Nutrition Therapy for Adults With Diabetes or Prediabetes. *Diabetes Care*. 2019;42(5):731–754.
2. Lean MEJ, et al. Primary care-led weight management for remission of type 2 diabetes (DiRECT). *Lancet*. 2018;391(10120):541–551.
3. American Diabetes Association. Standards of Care in Diabetes—2024. *Diabetes Care*. 2024;47(Suppl 1):S1–S321.
4. Reynolds AN, et al. Dietary fibre and whole grains in diabetes management. *PLOS Medicine*. 2020;17(3):e1003053.
5. World Health Organization. Healthy diet. WHO Fact Sheet. 2020.
6. Hall KD, et al. Ultra-Processed Diets Cause Excess Calorie Intake and Weight Gain. *Cell Metabolism*. 2019;30(1):67–77.

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