

# **DIABETIC PATIENT**



# **PATIENT DIET**



## ▶ DIET TIPS FOR DIABETIC PATIENT

Human body needs energy to be alive and work normally, it will get through nutrient i: e carbohydrates, fats, proteins. Minerals and vitamins. A healthy diet is required to help the body to fight against foreign particle which can prevent from the disease.

A balance food is very important to achieve maximum health benefit, which can be get through bread, rice, Vegetables, fresh fruits, dry fruits, Non –Veg, Milk and their product.

Good Diet is Very essential for being healthy whole life. It's the good nutrition only which builds up a healthy and strong human system. If you are suffering from Diabetes disease then your immune system might got weak, the diet tips given below helps you to chose that what is safe to eat and what's not. These Diet guidelines should be followed by patient to make their health better as well as trying to stop the progression in their disease.

### VEGETABLES:-

- CARROT
- ONION
- RADISH
- CABBAGE
- SPINACH
- METHI
- CAULIFLOWER
- CUCUMBER
- BRINJAL
- GREEN CHILLY
- LADY'S FINGER
- TOMATO
- KARELA
- BEANS
- PEAS
- LENTILS
- ASPARAGUS
- BEETS
- BROCCOLI
- BRUSSELS SPROUTS



## **FRUITS:-**

### *IN AVERAGE AMOUNT :*

- WATERMELON
- PAPAYA
- SWEETLIME
- ORANGE
- PEACH
- FIG
- STARWBERRY
- APPLE
- GUAVA
- POMEGRANATE

### *IN RESTRICTED AMOUNT :*

- PINEAPPLE
- GRAPE
- MANGO
- JAMUN
- LYCHEE
- CUSTARD APPLE

## **CEREALS:-**

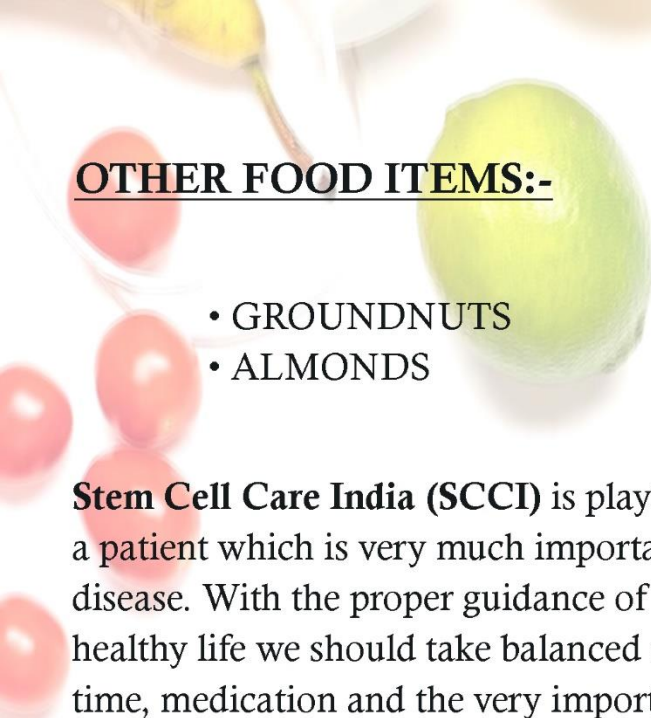
- WHEAT
- JOWAR
- BAJRA
- RICE
- KHICHDI
- MACARONI
- NOODLES
- SPAGHETTI
- OATS
- WHEAT FLAKES

## **NON VEG:-**

- SKINLESS CHICKEN
- FISH
- EGGS

## **MILK & DAIRY PRODUCTS:-**

- SKIM OR FAT-FREE MILK
- NON-DAIRY CREAMER
- PLAIN YOGURT
- SUGAR-FREE YOGURT
- SUGAR-FREE PUDDING
- SUGAR-FREE ICE CREAM
- SUGAR-FREE NONDAIRY FROZEN DESSERTS



## OTHER FOOD ITEMS:-

- GROUNDNUTS
- ALMONDS

**Stem Cell Care India (SCCI)** is playing an essential role in maintaining a healthy life of a patient which is very much important for our patient who are suffering from prolonged disease. With the proper guidance of Diet and treatment, patient get more improvement For healthy life we should take balanced diet, regular exercise, live freely, reduce stress, sleep on time, medication and the very important is positive thinking.

Stem Cell Care India is very much thankful to our Dietician and team members of SCCI who have done a wonderful work in suggesting a proper diet to each individual disease of patients.





# Stem Cell Care

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