“Diabetic Menu Plan”

The Influence of the Low Glycemic Diet on Diabetes

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Introduction

If you are reading this report, chances are you or someone you know is coping with Diabetes. This metabolic illness strikes almost 8% of the US population annually—equivalent to 23.6 million children and adults, with another 5.7 million people not even aware that they may be at risk or they have developed this problem yet. (American Diabetes Association statistics as of Apr 09) And thanks to the poor diet and lifestyle habits that many Americans have, these numbers are continually rising.

While these figures are staggering, there are steps that Diabetics and their families can take to limit the damaging effects of this devastating illness that disables and claims the lives of millions of people every year. We will examine the possible causes of Diabetes along with preventative lifestyle and dietary steps that anyone can take to lessen the chances they may have of getting this illness. We will also look at how a carefully managed diet can stop the affects and in some cases cure Diabetes. It's called the Low Glycemic Menu and it's something that anyone can do to improve his or her chances of preventing and surviving Diabetes.

If you or someone you care for has Diabetes or is at risk for Diabetes, we would like to encourage you to have them read this important report – which may save their life.

Diabetes Basic Information & Causes

In the world of medicine, nothing can be more frustrating to physicians than seeing the high number of patients who come through their doors with various health complaints, only to be diagnosed with diabetes. In studies conducted by the American Diabetes Association, nearly one in four people have some form of diabetes or symptoms that can be considered "pre-Diabetic".

What is Diabetes?

The actual term "diabetes" refers to a group of diseases, the most common being types 1, 2 & gestational diabetes. But their characteristics are much the same with the body not producing or properly producing the hormone "insulin", which is needed to convert sugar into the energy we need to survive. The exact causes of diabetes is still not clear, however medical professionals do know that a combination of genetics and lifestyle factors, including diet and exercise, play an important role in who or who doesn't develop full-on diabetes.

The most serious form of diabetes is Type 1, where the body produces no insulin on its own therefore the person has to take insulin daily to survive. Type 2 comes on mostly in older folks, but has started claiming younger victims thanks to more sedentary lifestyles. Gestational diabetes occurs during pregnancy and can harm both the mother and her unborn child. Pre-diabetes is a term used to describe people who are starting to display symptoms of this illness, such as high blood sugar, but are not progressed enough to need insulin.

Obviously, there are some forms of diabetes that can't be prevented, such as in people who are born with Type 1 or suffer problems due to gestational diabetes. But there are steps that can be taken to help anyone with diabetes live longer fuller lives – in some cases reduce or eliminate the need for heavy doses of insulin. We'll re-visit that topic later in this report.

For now, let's look at the possible causes of diabetes. We will also evaluate your own risk for this illness and examine the warning signs and symptoms of diabetes.

What are some possible causes of diabetes?

1. Diet – Contrary to popular belief, eating too much sugar does not cause diabetes. Eating a high fat, high carbohydrate diet followed by periods of not eating well can cause diabetes. Likewise, those that have a habit of drinking excessive alcohol may increase the chances of developing diabetes. Adding a low glycemic diet plan is vital to changing the dietary aspects of diabetes.

2. Lifestyle – People who are sedentary (not getting adequate exercise) are more likely to develop diabetes. That includes younger people nowadays too, such as teens who eat more junk food than ever and sit inside playing video games or on their computers instead of playing outside with friends. Eating a low glycemic diet can assist with a more active lifestyle.

3. Weight – Being overweight puts people at greater risk for diabetes along with many other illnesses like heart disease and stroke. While some people have trouble getting the weight off, having a proper diet and exercise plan in place can assist with getting to and maintaining a healthy weight level – preventing diabetes in many cases. The low glycemic diet can reverse weight issues for many people and stop diabetes in its tracks.

4. Hereditary – Children and grandchildren of diabetics have a higher than average chance of developing this illness in their lifetime. It's important for relatives of diabetics to maintain their health to prevent this illness for as long as possible. Eating a low glycemic diet can aid in this.

5. Environmental – In the last century, many physicians are starting to believe that the environment plays a role in whether or not a person will develop diabetes. This can be factors like the air we breathe, the additives put into our food supply, hormones added to milk or even the change in the environment due to global warming. It is up to people to do what they can to filter out contaminants in their food by eating organics, drinking hormone-free milk and filtering their drinking water if at all possible. The low glycemic diet takes this into account.

Are you at risk?

If you have identified some of the above factors as being common to your life, you may want to take steps now to start a low glycemic diet and a more active lifestyle to combat these factors now. There's still time to make changes in your life that will help prevent or even slow the affects of diabetes before it can cause more serious harm to your well-being or your life. The low glycemic diet has been proven to reverse diabetes and in many cases, stopped diabetes before its too late.

What are the warning signs and symptoms of diabetes?

- Unusual thirst
- Frequent desire to urinate, especially at night
- Blurred vision or vision problems
- Tired or weak feeling for no apparent reason
- Extreme hunger pangs
- Irritability or moodiness
- Tingling/numbness in the hands or feet
- In women, infertility or irregular cycles
- In men, impotence or lack of sex drive
- Feelings of shakiness between meals

Important – for your own health and well being

If you have identified three or more symptoms in the above list, we'd like to urge you to discuss these symptoms with your family physician as soon as possible.

You may be one in the one-fourth of Americans who do not realize they may be developing diabetes. Please take this important report with you and discuss things with your qualified physician.

Low Glycemic Index Diet Basics

The Low Glycemic Index Diet plan has been demonstrated to aid diabetics in controlling blood sugar levels through careful food choices and responsible eating habits. The Glycemic Index or "GI" refers to the evaluation system by which each type of food, specifically carbohydrates, is ranked according to how much it raises a person's blood sugar levels. A food that ranks low on the glycemic index raises the blood sugar less than a food that ranks high on this scale. Eating foods that are in the lower range are generally preferred foods while the high range foods should be eaten sparingly or limited in order to avoid wild fluctuations in blood sugar levels. This will help a diabetic with swings in blood sugar which can cause nasty side effects like shakiness, disorientation, and the need to maintain blood sugar levels with insulin.

The Low Glycemic Index diet plan has become more popular in mainstream society as a weight management aid. It is the basis for diets like the " Southbeach", "The Zone" and "Sugar Busters" diet plans. The Low Glycemic Index diet plan is regarded for its benefits of controlling hunger and weight gain in people who have tried it. The idea behind the Low Glycemic diet is that low GI foods are absorbed more quickly into the body and converted to "glucose" which is the energy that cells need to work. Foods that rank high on the GI scale take longer to absorb and thus they are converted to fat which produces excessive hormones which hamper this process and cause people to gain weight, rather than use the food benefits to maintain health and strength. High GI foods cause "spikes" in blood sugar levels, which is problematic for diabetics who suffer health concerns as a result.

The Low Glycemic Index diet emphasizes quality, not quantity of food. That means, it's more important to eat organic foods that are rich in vitamins and fiber, such as fresh vegetables and fruits. Healthy proteins like low fat meats and legumes are encouraged instead of the overly rich meats typically found in a high fat fast-food diet. Eating "smart" carbs, like whole grains is preferred instead of stuffing yourself with white bread, pastas and white rice. These are not concepts that are unheard of in a healthy diet plan and lifestyle.

In addition to eating the right foods, the Low Glycemic Diet encourages you to eat at regular times throughout the day. You are also encouraged to eat healthy snacks in between meals. This aids the body in maintaining more regulated blood sugar levels all day, a tool that can "turn on" health improving metabolic reactions in your body. It can also reduce or in some cases eliminate your reliance on insulin injections or pills.

With time and practice, it is possible to follow the Low Glycemic Index Diet plan to better control blood sugar levels, and maintain weight and health. It's simply a matter of locating a recommended Low GI food plan and choosing foods from the lower end of the list. Many people experience benefits within just a few days of being on the plan, with greater control over an often frustrating battle of maintaining blood sugar levels and weight.

If you are considering going on a Low GI diet plan, please be sure to consult with your doctor to be sure it is safe for your particular circumstances. You must maintain your blood sugar levels carefully as they can fluctuate dramatically whenever you change your diet in any way.

The following sample meal plan is provided to you as an example only. It is important to follow your physician's orders and eat regular meals that include healthy foods. Feel free to take this sample meal plan with you to your doctor's office and discuss it with him before attempting to try it for the best results and for your own well-being.

Sample Meal Plan

Important Disclaimer:
This meal plan is meant to be a general guide only, please consult with your doctor for a personalized meal plan that's right for your individual health needs. Do not use this plan as a substitute for proper medical supervision or care.

Breakfast

Cereal with Walnuts & Fruit
1 Shredded Wheat biscuit or ½ cup shredded wheat (without frosting)
1/2 cup non-fat milk
4 chopped walnuts
1 apple, chopped

Snack

1 orange or grapefruit, or a small garden salad w/ low fat dressing

Lunch

Grilled Ham & Swiss Sandwich

1 slice rye bread or whole grain bread
1 oz low-fat Swiss cheese
3 oz deli ham
1/2 tsp honey mustard
2 slices tomato

1 glass water or un-sweet iced tea

Snack

Low-fat yogurt, a piece of fruit or handful of walnuts/almonds

Dinner

Broiled Chicken Breast, Lentils & Vegetables

5 oz skinless, boneless, chicken breast (baked or grilled)
1/2 cup cooked lentils (rehydrated beans or canned)
1 cup fresh or frozen broccoli (steamed or microwaved)
1 cup fresh or frozen green beans (steamed or microwaved)

Conclusion

The Low Glycemic Index diet is not ground-breaking technology that will erase years of bad eating habits and the damage caused by being overweight or having diabetes. It can, however, be a way for you to find your way back to a more managed lifestyle and a healthier future. When followed correctly, many diabetics experience positive health benefits as a result of the Low GI diet – some even enjoy being less dependent on insulin and having more control over their symptoms. If you think you may be at risk for diabetes, now is the time to discuss this with your doctor. You may be able to eliminate some of this risk by following the Low GI diet plan now rather than later.

We hope that you have enjoyed this report and that it has provided you with some guidelines and valuable information to help you find your way to better health. Please remember that this is only a guide; the Low Glycemic Index diet plan is not a cure-all for diabetes, weight and health problems. It is simply another tool you can use to gain more control over the problems associated with diabetes and weight gain. Share this information with your physician and follow his advice to see the best results.

If you would like more information about the Low Glycemic Index Diet plan, including more meal ideas; or if you are just interested in learning more about diabetes, be sure to visit our website found at:

http://www.diabeticmenu-blog.com/

References Used for this Report

The following websites and organizations were referenced in the writing of this report.

For more up-to-date information about Diabetes and Low Glycemic Index Meal Planning, please visit: http://www.diabeticmenu-blog.com/

The American Diabetes Association
http://www.diabetes.org/

Diabetes Net
http://www.diabetesnet.com/diabetes_food_diet/glycemic_index.php

Fifty 50
http://www.lowglycemicdiet.com/

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http://www.glycemicindex.com/

Web MD – Overview of the Glycemic Index Diet for Diabetes
http://diabetes.webmd.com/news/20081216/low-glycemic-index-diet-for-diabetes