

# 5 HEALTHY EATING HABITS FOR MANAGING YOUR DIABETES

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For most people, diabetes is synonymous with deprivation. People assume that being a diabetic, one has to abstain from different food groups and eat only bland, tasteless food.

Doctors, however, do not agree with this line of thought and believe that to keep your [blood sugar levels](#) in check you need to eat a wholesome, balanced diet at regular intervals.

Yes, you will have to give up on processed, junk food that even non-diabetics must not consume anyway. So here are some healthy eating habits to help you manage better and ensure that you find your meals delicious and pleasurable regardless of your diabetic type.

## **1. Consume Sweets Moderately**

You don't have to give up on that piece of chocolate or your favorite dessert just because you have diabetes. Be smart about the timing and content of your choices.

If you have a low blood sugar level and you can limit your intake to a small helping, you can continue to eat sweets. Reduce the carb intake in your meal to make room for the dessert. Also if you consume your sweets with your meal and not as a snack, it will not raise your blood sugar level suddenly.

## **2. Cut Out the Empty Calories**

Colas, juices, and soft drinks offer no nutritional value and just add to the sugar and calories in the blood. Try to avoid sweeteners in your tea and coffee, even those that claim to be sugar-free.

When choosing low-fat versions, ensure that they don't have added sugar. Canned and frozen items usually have hidden sugar so beware of that. If you are suffering from intense sweet cravings, choose a small bite of dark chocolate over milk one and a frozen fruit instead of an ice cream.

### **3. Spot the Sugar Hiding in Your Food**

A lot of labels try to camouflage the sugar content in their products. Eatables like pasta sauces, frozen food, cereals, canned items, ketchup, bread, and low-fat food options are major culprits.

Sugar could be labeled as dextrose, malt syrup, invert sugar, cane crystals, agave nectar, etc. Usually, the manufacturers try to fool the consumer by listing the sugar content separately which when added together can amount to a lot.

### **4. Use The Right Fat**

Not all fats are bad. The unhealthy ones are fats found in packaged foods. If it says cooked in hydrogenated or partially hydrogenated oil, then it is bad for your health.

Saturated fats may be bad for your health. However, Unsaturated fats are the healthiest option because these are fats that can be found in oils from plants and fish which are healthy for your health. It is best to Boil or bake foods instead of frying.

Also Read: [Diabetic Friendly Recipes](#)

## 5. Eat At Regular Intervals

Eating at regular intervals is better than cutting out calories mindlessly. Six small meals a day will keep your sugar levels stable and stop you from feeling excessively hungry.

Keep your portions moderate and ensure that you have a healthy breakfast to kick start your day on a positive note. Avoid overeating because apart from making you feel guilty, it will spike your blood sugar.

## Conclusion

Embracing these eating habits is the best way to keep your blood glucose level under control and prevent diabetes complications. Aside from managing

your diabetes, good eating habits offer other benefits, too, such as reducing your risk of cardiovascular diseases and certain types of cancer.

So which of these eating habits would you start with today? Please share your thoughts in the comment section below!

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