



Assorted Cookies

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Diabetes is a serious life-threatening disease. When it comes to diabetes knowledge truly is power, as the increase in awareness regarding diabetes results in better compliance to treatment and thus decrease in complications. The most important thing someone with diabetes must do is manage their glucose levels at all times. The goal is always to not allow blood sugar to rise too high or drop too low. Monitoring blood glucose levels helps to learn events that trigger readings outside of recommended range like eating, not eating, eating certain foods, exercising, not exercising, etc. and it becomes easier to adjust behavior to optimize blood sugar levels. It is also important for diabetics to pay close attention to their additional health issues that can further elevate the risk of complication. So students of DDU-KK with a notion of the famous saying “STITCH IN TIME SAVES NINE” developed teaching aid to increase awareness about diabetes.



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DIABETES MELLITUS

WHAT IS DIABETES MELLITUS?

It is a chronic metabolic disorder that prevents the body from utilizing glucose completely or partially. This can be due to a failure in the formation of insulin or its release or action.

WHAT ARE THE DIFFERENT TYPES OF DIABETES?

Type-1: Also known as juvenile diabetes, patients depend on insulin. This is due to the inability of the pancreas to produce an adequate amount of insulin.

Type-2: It is not insulin dependent and develops slowly. In this case, insulin may be produced by the pancreas but its action is impaired.

Gestational Diabetes: It is defined as carbohydrate intolerance during pregnancy, due to altered carbohydrate metabolism and impaired insulin action.

CAUSES

Insulin resistance is a characteristic feature of Indians. The inability of the body to control blood glucose levels is associated with obesity, genetics, lifestyle, and activity levels, etc.



SYMPTOMS



COMPLICATIONS

- Permanent Kidney Damage
- Cerebrovascular Diseases
- Eye Damage
- Diabetic Foot
- Peripheral Neuropathy
- Coronary Heart Disease



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TREATMENT

- Diabetes Medications
- Blood Sugar Monitoring
- Insulin Pills
- Insulin Injections

7 Key Steps to Diabetes Prevention

- Be more active.
- Eat fiber-rich foods.
- Eat whole grains.
- Lose weight.
- Make healthier choices.
- Don't Smoke.
- Drink in Moderation.

DO

FRESH FRUITS + VEGETABLES

SKIMMED MILK + LOW FAT YOGURT

LEAN PROTEIN + SEAFOOD

NUTS, + SEEDS

SPROUTS + WHOLE GRAINS

Fruits & Vegetables



Dairy



Protein



Fats



Others



DON'T

FRUIT JUICE, CANNED VEGETABLES

WHOLE MILK + ICECREAMS

PORK + RED MEAT

COOKIES, CAKES + FASTFOOD

FRIED + PROCESSED FOOD

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