

Natural ways to control blood sugar levels in Diabetics

A diabetes diet should ideally be high in fibre, must contain milk without cream, buttermilk, fresh seasonal fruits, green vegetables etc.

Important is to consume all the components in moderation.

An Indian Diabetics diet should contain daily calorie intake between 1500-1800cal with proportion of 60:20:20 Carbohydrates, Fats and Proteins respectively with at least 2 seasonal fruits and 3 vegetables.

Following are some Natural Home Remedies to control blood sugar in Diabetics-

1. Methi seeds (1 teaspoon / 6-10 seeds) soaked overnight in 100ml of water should be consumed along with the seeds on empty stomach in the morning to control diabetes.
2. Tomato juice mixed with pepper and salt consumed on empty stomach every morning is a good remedy to control diabetes.
3. Intake of 6 almonds soaked overnight and consumed in the morning is also helpful in keeping a check on diabetes. But make sure you do not overdo it.
4. Consumption of one cup of black coffee per day has shown lower risk of developing Diabetes type 2 compared to those who did not consume it. But it has to be done in moderation as over consumption of caffeine can lead to other health problems.
5. Cinnamon 1/2 teaspoon consumed daily directly by mixing with warm water or by sprinkling on any food item can make body cells more sensitive to insulin, thereby helping these cells convert blood sugar to energy.
6. Vitamin C Deficiency is noted in most of the Diabetics hence antioxidant packed Citrus fruits (Amla) are a great choice for snacks as it is low in fat and high in fibre.
7. Recent studies have shown that Dark chocolate improves Insulin Sensitivity, reduces blood pressure and bad cholesterol (LDL) also improves blood vessel function. But the key is moderation, as dark chocolate also has lots of fat and calories hence do not over eat.
8. Vinegar 2 tablespoons taken before each of the 2 meals a day can help lower the blood sugar level.

9. Drinking some Bitter gourd(Karela) juice on an empty stomach each morning after removing its seeds, or by including one dish made of bitter gourd daily in your diet can help in controlling your blood sugar levels.

10. Soak 10 to 15 tender mango leaves in a glass of water overnight. In the morning, filter the water and drink it on an empty stomach, it helps in regulating insulin levels in body.

Remember none of these is a Magic Portion for Diabetes.

It's important for people with Diabetes to eat a balanced diet and exercise regularly to help manage the disease.

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