



## ROLE OF DIET IN DIABETES

### Mathematics

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### ABSTRACT

This study aims to examine the role of diet in diabetes. Diet is necessity of our life as we totally depend on diet and our body only works because of diet. So, we have to take proper and balanced diet. But due to the unbalanced diet everyone is facing many problems. The bad diet in turn has deteriorated the quality of Nutrients and we are eating unbalanced diet that is why we are facing many problems. Nowadays, the bad diet also leads to diabetes or pre-diabetes. Diabetic patients are increasing day-by-day due to the increasing cases of diabetes and pre-diabetes many people are facing many health problems which are caused by diabetes. Diabetes is the disease which can be caused by diet or we can also say that is controlled by diet.

### KEYWORDS

Unbalanced Diet, Diabetes, Pre-diabetes

### INTRODUCTION

Diabetes is a disease related with diet. Unbalanced diet is the reason of diabetes. Diabetes is called as slow poison as it eats the person slowly. In India there are huge people who are suffering from chronic diseases. Diabetes is the one of the major chronic disease from which Indians are suffering. India is in the top ten countries which is having diabetic patients. It is known that one in six people in the world having diabetes is from India. Diabetes is a metabolic disease that causes high blood sugar. The hormone insulin moves sugar from the blood to cells to be stored and used for energy. With diabetes, body either doesn't make enough insulin or cannot effectively use the insulin it has made. Diabetes leads to many other diseases as it weakens the immune system of the human body. Untreated high blood sugar from diabetes can damage nerves, eyes, kidneys and other organs. There are some social, cultural and biological factors which lead to increase in cases of diabetes from this disease. In today's life with changing lifestyle and with westernization there is change in diet like people are shifting towards fast-food and unhealthy food which leads to increase in number of cases of diabetes. Diet is the responsible factor of diabetes. So, both diet and diabetes are having major relation between them.

### Objectives of the study-

- To study the concept of diet in diabetes
- To analyse the impact of diet in controlling diet.
- To suggest the measures to control diet.

### Research Methodology

The data has been collected from various secondary sources like web sites and the various research papers.

### Role of Diet in Diabetes

Diet is the food consumed by a person or organism. Diet is the major and one of the most necessary part of every one's life. One's life will totally depend on food which is taken or consumed by the person. Diet also plays an important part in diabetes. Diabetes is a disease which is called as slow poison as it eats the person slowly. When the food is digested, it breaks down into form of sugar which is called as glucose which provides energy and powers to our cells of the body. Insulin is a hormone which is produced in pancreas and it helps to move the glucose from the blood to the cells of the body. If there is not enough insulin it raises the level of blood sugar of the body. If the insulin produced in the body is not working properly then also level of the blood sugar increases. Diet is one option for controlling the blood sugar. As a person can take diet in the way so that no extra sugar is produced or very less extra sugar is produced so that which is controlled by physical activities or some medication. Food is the thing which helps to control the diabetes to much extent. As there is a proverb "Prevention is better than Cure". The food we are taking is the preventive steps of diabetes and pre-diabetes.

Diet is also the planning which is not only which one is taking but also it is when one is taking also called as the timing of diet.

- Proper gap should be maintained between the meals.
- More than three hours gap between the meals for a diabetic patient is dangerous.
- Quantity of meal should be fixed.
- Quality of meal is also a important thing for a diabetic and pre-diabetic patient
- Proper check-up of blood sugar in fasting and after taking meals is also important.
- If blood glucose at bedtime is low, so one have to take long-acting carbohydrate before going to bed.
- Timings of consuming meals are necessary.

### Effects of unbalanced diet-

Diet has affects on people. No doubt, it has advantages but only if it is balanced diet if it is unbalanced diet then it has negative impacts. Some of the points which highlight the negative effect of unbalanced diet are listed below:-

- The quality of the life deteriorated.
- Individual gets more prone to diseases
- Unbalanced diet leads to obesity.
- Unbalanced diet leads to High blood pressure.
- Unbalanced diet leads to heart diseases
- Unbalanced diet leads to diabetes
- Diabetes leads to weaken immune system
- Weaken immune system leads to many problems in body.
- Weaken immune system leads to heart related diseases.
- Unbalanced diet deteriorates the health of individual.

### Suggestions to improve diet

From the above discussion, it is clear improper or unbalanced diet has many negative impacts which need to be eliminated so we have to improve our diet. The measures which can be adopted are listed as below:-

- The individual should plan to diet a chart to improve the quality of food.
- It must be carried out in a regulated manner.
- The steps should be taken for regularity of diet.
- Every one should be take balanced diet.
- There is need of proper consumption of proper nutrients.
- One can control calories according to requirement.
- Regular checks should be made on diet.
- Quantity of the diet should be managed.
- Balance between the quantity and quality of the food is also a major part.
- Proper gaps between the meals should be maintained.

### CONCLUSION

The above study analyses that diet is the main part of our life. It not only has the positive impact but also the negative impact. The negative impact is when we are taking improper diet or called as unbalanced diet. So, there is a need of proper diet or we can say that balanced diet. The individuals should do the things which at present are not done at

all. There is a need of guidance to the individual for the proper diet. Everyone should be encouraged to opt for the balanced diet which provide them the quality and quantity of diet with which one can control diabetes and remove the risk of Pre-diabetes and the person who have diabetes there is necessity for that person to control diet.

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