

Twitter Thread by Ayur Arogyam



Ayur Arogyam

@aayurarogyam



Simple diet routine for diabetics

-Diet has pivotal role to play in its management and recovery of diabetes

- A high fibre Low grain (Low Carb) diet plan is seem to be doing wonders when associated simple brisk walking or jogging



1.Diabetics should follow mindful 5 times a day eating pattern with some fibre at each window

It can be a

- Breakfast -7AM
- Brunch-9.30AM
- Lunch- 1PM
- Snack 3.30 PM

- Early Dinner 7 PM

- This should be a must mindset change on their eating habit

2.Simple Mantra to keep your plate healthy is

- 50 % of fibres (Veggies, Diab friendly fruits ,Greens)

- 30% of proteins (Nuts, Sprouts, Legumes)

- 20% of unprocessed grains (Millets,Oat, Native Desi wheat,Red rice or Desi rice)