

Winning Over Diabetes Without Fear or Confusion

Diet Shaala By Ankita



What is Type 2 Diabetes?

Type 2 diabetes is a condition where your body either doesn't produce enough insulin or can't use it properly, causing high blood sugar levels. It usually develops over time and is heavily influenced by lifestyle factors and eating habits.

What Causes It?

- Insulin resistance
- Obesity and excessive belly fat
- Sedentary lifestyle
- Unhealthy eating habits
- Poor sleep
- High stress levels
- Family history of diabetes
- Hormonal conditions like PCOD in women

What are the Symptoms

- Frequent urination
- Excessive thirst
- Feeling very tired
- Increased hunger
- Slow healing wounds
- Tingling or numbness in hands/feet
- Blurred vision
- Repeated infections (urine, skin, gums)

Which tests you should get done?

- FBS (Fasting Blood Sugar)
- PPBS (Post-Meal Blood Sugar)
- HbA1c (3-month average sugar)
- Insulin levels (to check insulin resistance)
- Lipid profile
- Kidney & liver function tests





Can Type 2 Diabetes be managed or reversed through nutrition?

Yes! With the right food and habits, many people reduce their sugar levels, insulin resistance, and even reverse prediabetes or early-stage diabetes.



Do I need to take medicines forever?

Not always. Many people reduce their dosage or stop medications entirely with proper lifestyle changes — but this should always be done under medical supervision.



Can I prevent diabetes if it runs in my family?

Yes! Genes load the gun, but lifestyle pulls the trigger. Early care with food, movement, and sleep can delay or prevent diabetes entirely.



What Should You Eat if You Are Diabetic?

- High-fiber vegetables (lauki, bhindi, tinda, broccoli)
- Whole grains like barley, jowar, or brown rice (in controlled portions)
- Plant-based proteins (dal, chana, paneer, tofu)
- Nuts, seeds, and healthy fats
- Controlled portions of fruits like berries, apple, papaya (not fruit juices!)
- Plenty of water and herbal teas

What foods should I avoid or limit?

- White rice, maida, white bread
 - Sugary snacks and sweets
 - Fruit juices and packaged drinks
 - Fried snacks (namkeen, samosa, chips)
 - Overeating “diabetic” labeled biscuits or snacks
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Does timing of meal matters?

Yes. Long gaps and erratic eating spike insulin resistance. Aim for:

- Consistent meal timings
- Early dinner (before 8 PM)
- Light evening snack (not sugary)
- Avoiding late-night munching

What lifestyle habits can help manage diabetes?

- Daily 30–45 min walk (especially after meals)
- Resistance training 2–3x/week
- Good quality sleep (7+ hours)
- Stress control through deep breathing, journaling
- Staying active throughout the day (not sitting too long)



What are some common myths about diabetes?

✗ “You can’t eat fruits”

✓ You can eat the right fruits in the right quantity.

✗ “Only fat people get diabetes”

✓ Even lean individuals can develop insulin resistance leading to diabetes.



✗ “Once diabetic, always diabetic”

✓ Reversal is possible in most cases!

About the Author

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With over 10 years of experience helping 10,000+ people transform their health, I specialize in helping women above 35 manage hormonal changes, weight gain, fatigue, mood swings, and more – using Indian home-cooked meals and science-backed methods.



At Diet Shaala, we focus on:

- ✓ Simple food habits
- ✓ Practical lifestyle tips
- ✓ One on one connections
- ✓ Women-friendly routines
- ✓ Simple workouts and exercises
- ✓ Supportive group & personal programs

➡️ Want help managing your sugar levels naturally?

☀️ If this guide resonated with you, it's time to stop struggling alone and start getting expert help – customised for YOU..

👉 DM or WhatsApp me “Diabetes Help” to get details of my upcoming programs, plans, or to just talk!



➡️ WhatsApp Me on 8431151106

👉 Follow me on Instagram for more daily tips, reels, and expert insights

📷 @diet_shaala

Let's make this next chapter
your healthiest one yet.

You deserve it. ❤️

Thank you!



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