
Narsimha Raju D...
4:37am Nov 6, 2014

1

Dear Dr. Pamela Dyson, its really wonderful and good topic. As soon as diagnosed with diabetes and what are the steps for weight loss, Present generation most of them are addicted with Junk food and with high carbohydrate and which contains fat and high cholestrol. First we need to maitain proper diet and on time. Most of the times they will not take food on time and they will take at large quantity of food at a time. This creates obesity. We need to plan for healthy food and as prescribed by dieticians for diabetics they need to food gradually which contain protiens and antioxidants like fruits and nuts. They can take lot of liquid like juice extract from vegetables like carrot, beet root, and fruits.

More number of people they skip breakfast, but its not good for specifically diabetics, they need to have their breakfast. And timely food. We suggest leafy vegetables like spinach, asparagus, Aloevera and etc.

Pamdyson
1:09pm Nov 7, 2014

2

Dear Narsimha Raju Dichpally

Very many thanks for your comments and I agree with your statement that the root cause of obesity is diet (specifically high intakes of energy dense foods containing large amounts of fat, refined carbohydrate and sugar) and physical inactivity. What the research tells us is that the healthiest diets for preventing and treating both obesity and diabetes are plant-based diets with lots of vegetables, fruits, wholegrains, nuts and seeds and supplemented with small quantities of lean meat, fish, eggs and low fat dairy products.

The main issue is supporting people in changing their diets in order to lose weight and manage diabetes as this is challenging for most people. Using behavioural techniques can help people to change their eating and activity behaviours, and supporting them through this change is important. Wider society too has a part to play and we really need to adress this growing issue with community based programmes that involve all sectors of society including national and international governments, the food industry, education and health services and families and individuals.

VinodkumarMugada

5:41am Nov 13, 2014

3

we have to bring awareness in the people in terms of money,obesity increases the risk of developing the diabetes,not only diabetes but also a variety of other disease like Hypertension,Breast Cancer,Cardiovascular diseases.people are habituated to eat junk food more when compared to healthy food.it may be due to the circumstances they live,stressfull life which decreases their interest towards veggies and often they will be pessimistic. many people wont follow our instructions until they recognize the detrimental effects on their own if they dnt follow the healthy interventions.they even deviate with the physicians words who guides them regarding healthy eating. we have to project the benefits of healthy eating in terms of MONEY .i mean that how much money can they save annually by following the healthy interventions.How the unhealthy habits dragging them to become poor because the most medical expenses what they incur is on medicines which cost higher ,even insurance companies also has to face burden on funding medicines this topic may look simple but it is complex in its own way definitely it should be considered to optimize healthy living Thank you

Pamdyson

10:41am Nov 13, 2014

4

Many thanks for your interesting and thought-provoking e-mail. It is certainly true that there are savings to be made in the long-run in terms of diabetes and obesity if people are able to eat more healthily, but it is worth remembering that most people with limited resources find that they just cannot afford to eat a healthy diet due to lack of access to healthy, affordable foods and greater exposure to the marketing of high-fat, high sugar foods. Unless these inequalities are addressed, people with limited resources will be stuck in the cycle of food deprivation and over-eating and are unlikely to be able to afford healthy foods.

If you would like more information, I would recommend the following web-site:

<http://frac.org/initiatives/hunger-and-obesity/why-are-low-income-and-fo...>

VinodkumarMugada

3:15pm Nov 13, 2014

5

Thanks for sharing such an worthfull website madam madam why cant we sort out healthy food with affordable price or home remedies which control diabetes we can find simple home remedies so that it will be available forlow income source people also i am so much interested in this topics and also in awareness activities suggest some ideas madam

Pamdyson

1:59pm Nov 18, 2014

6

Many thanks for your additional comments on this subject. Unfortunately, despite some research into the subject, there do not appear to be any simple, affordable home remedies for diabetes. This reflects the complex nature of the aetiology of diabetes and the challenges in self-management faced by most people. Most non-governmental organisations (NGOs) connected with this issue have some information about this and I would recommend that you search the IDF,ADA, EASD and Diabetes UK web-sites for further information.

faisel

4:01pm Dec 8, 2014

7

I want to add some words from my post: [diabetes and healthy eating](#)

Healthy eating helps an individual with diabetes to:

- Keep up general good health.
- Achieve normal blood lipid (fat) levels.
- Control blood glucose levels.
- Keep up a healthy blood pressure.
- Prevent the complications of diabetes.
- Keep up a healthy body weight.