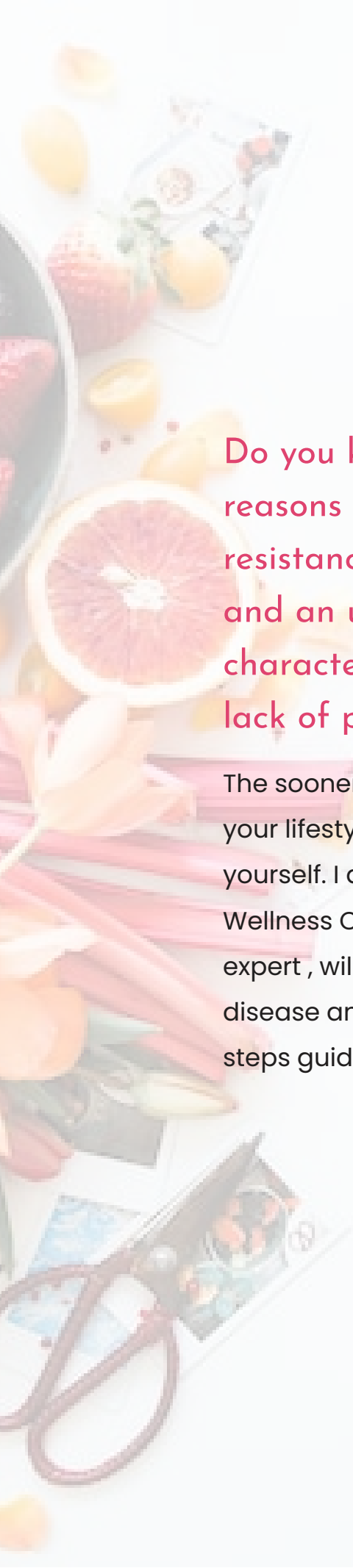


# 6-steps guide to control the diabetes.



By Chef Ajay Thakur  
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Do you know the top three reasons for diabetes are insulin resistance, genetic predisposition, and an unhealthy lifestyle characterised by poor diet and lack of physical activity.

The sooner is the better. Faster you change your lifestyle, better life you will give it to yourself. I am Chef Ajay Thakur and a Wellness Cuisine and Clinical nutrition expert , will help you to understand the disease and at the same time give you 6 steps guide to control the diabetes.



Step 1

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## Balanced and Nutrient-Dense Diet:

Follow a balanced diet that includes a variety of nutrient-dense foods such as fruits, vegetables, whole grains, lean proteins, and healthy fats.

Focus on whole, unprocessed foods to provide essential nutrients and promote stable blood sugar levels.







## Step 2

# Portion Control and Carbohydrate Management

- Practice portion control to manage overall calorie intake and balance macronutrients.
- Monitor and distribute carbohydrate intake throughout the day to avoid blood sugar spikes.
- Consider carbohydrate counting or working with a registered dietitian to develop an individualized meal plan.





## Step 3

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# Low Glycemic Index Foods:

- Choose low glycemic index (GI) foods that have a minimal impact on blood sugar levels. These include whole grains, legumes, non-starchy vegetables, and certain fruits.
- Incorporate high-fiber foods to slow down carbohydrate digestion and improve glycemic control.





## Step 4

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# Regular Physical Activity

- Engage in regular aerobic exercise and strength training to improve insulin sensitivity and glucose uptake by muscles.
- Aim for at least 150 minutes of moderate-intensity aerobic activity per week, along with strength training exercises twice a week.
- Incorporate activities you enjoy, such as running, cycling, swimming, or team sports, to make exercise sustainable and enjoyable.







## Step 5

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# Hydration and Electrolyte Balance:

- Stay properly hydrated before, during, and after exercise to support optimal performance and blood sugar control.
- Maintain electrolyte balance by consuming fluids containing electrolytes or consuming electrolyte-rich foods like bananas, oranges, and sports drinks in moderation.





## Step 6

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# Regular Monitoring and Individualized Approach

- Monitor blood sugar levels before, during, and after exercise to understand the impact of physical activity on blood sugar.
- Connect with me for the tailored plan to your specific needs and goals.







By Chef Ajay Thakur

Wellness Cuisine and Clinical Nutrition

expert

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# Register for a free 121 consultation worth Rs. 6999/-

Let me help you to understand the challenges while you are dealing with diabetes. Kindly register for this 121 consultation for free and I will give some tips and tricks to control your sugar level. Click the button below to book your spot now.

[BOOK YOUR SPOT NOW>>](#)

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