Have a healthy breakfast to reduce the risk of diabetes

Eating a healthy breakfast decreases the risk of developing type 2 diabetes

New Delhi, March 19, 2017: American Diabetes Association repeatedly emphasizes on the importance of starting the day with a healthy breakfast to help prevent the onset of type 2 diabetes and effectively manage all types of diabetes to avoid complications.

Diabetes is a huge and growing burden: while 382 million people were living with diabetes in 2016 that number is expected to balloon to almost 600 million people by 2035. Diabetes is fast gaining the status of a potential epidemic in India with more than 62 million diabetic individuals currently diagnosed with the disease.

Up to 11% of total healthcare expenditure in every country across the globe could be saved by tackling the preventable risk factors for type 2 diabetes and over 70% of type 2 diabetes cases can be prevented or delayed by adopting healthier lifestyles.

Padma Shri Awardee Dr K K Aggarwal, National President Indian Medical Association (IMA) and President Heart Care Foundation of India (HCFI) and Dr RN Tandon – Honorary Secretary General IMA in a joint statement said, “On average, breakfast skippers snack more often, eat more sugary, high-fat snacks, drink more soda, are more likely to overeat at night, and are more often overweight or obese than breakfast eaters. Either way, breakfast is especially important for people with diabetes. For someone on insulin, if there's no food on board, that person runs the risk of hypoglycemia or low blood sugar.”

“A healthy diet containing leafy vegetables, fresh fruit, whole grains, lean meat, fish and nuts can help reduce a person’s risk of type 2 diabetes and avoid complications in people with diabetes. A healthy diet is, more expensive than an unhealthy one. The wide availability of cheap energy dense low-nutrient food is contributing to the global epidemic of type 2 diabetes. Foods which reduce the risk of type 2 diabetes such as vegetables, fresh fruit, whole grains and unsaturated fats need to be more affordable and more widely available”, adds Dr K K Aggarwal.
The best breakfasts are low in carbohydrates and fat, and high in protein and fiber. Ideally, you should get between 7 and 10 grams of fiber at breakfast, which will fill you up. Breakfast that has protein added in it is what creates that satiety and prevents snacking later on.

Following are some healthy breakfast options for those with diabetes or those looking to prevent it:

- Missi Roti: Rich in dietary fiber and a chromium reserve which helps in diabetes control.
- Barley Soup: It is rich in fiber and has more essential nutrient than refined grains.
- Vegetable omelet: High satiety index and low on glycemic index
- Ragi Uttapam: Rich in calcium and essential nutrients.
- Brown Bread and Brown Rice: Have low glycemic index than white rice, also a good source of dietary fiber
- Go for natural sweeteners like jiggery, anjeer or salvia. The sugar in these products is fiber bound and hence healthy.

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About IMA: Indian Medical Association is the only representative, national voluntary organization of Doctors of Modern Scientific System of Medicine, which looks after the interest of doctors as well as the well being of the community at large. It has its Headquarter in Delhi and State / Terr. Branches in 30 States and Union Territories. It has over 2, 60,000 doctors as its members through more than 1765 active local branches spread across the country.

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