
The Diabetes Handbook



Preventing & Managing Diabetes

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Curo Wellness



The Diabetes Handbook

Did you know that 1 out of every 10 adults across the world are living with Diabetes?

14th November is World Diabetes Day and we couldn't think of a better time to reiterate the importance of preventing (or managing) Diabetes.



What this Handbook contains:

- 3 Important Things you should do to Prevent or Manage Diabetes
- Habits that may put you at risk of Diabetes
- Foods that help regulate Blood Sugar
- How to Choose Wisely if you have Diabetes
- Busting Common Myths around Diabetes
- Diabetes-friendly Recipes

3 Important Things you should do to Prevent or Manage Diabetes

- Consume Foods that help you Regulate Blood Sugar ([Read more here](#))



- Watch out for Habits that may put you at risk of Diabetes ([Read more here](#))



- Exercise Regularly


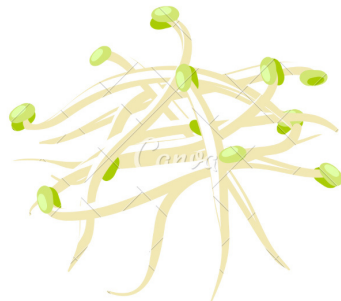




Lifestyle Factors & Habits that may lead to Diabetes


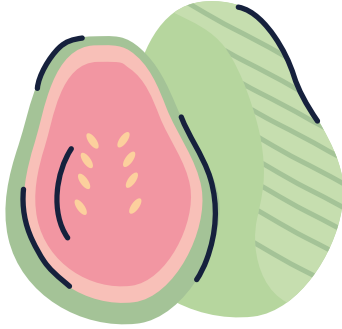
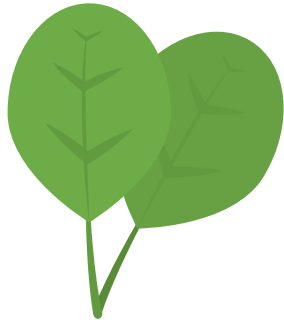

- Skipping or Irregular Meals
- Diets with Low or No Fibre
- Consuming Hidden Sugars
- Lack of Sufficient Exercise
- Unmanaged Stress
- Less than 6-7 hours of quality sleep



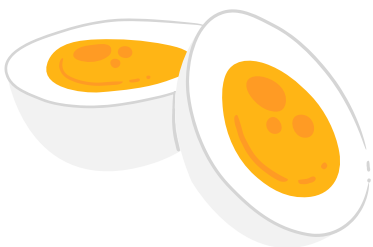
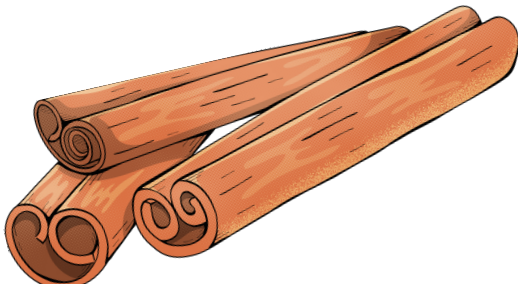
Foods that will help you regulate Blood Sugar

Foods	Nutrients	Ways to Consume
<u>Ragi</u> 	Fibre & Calcium	Use Ragi flour to make pancakes dosas, cookies, rotis, idlis, cakes,.
<u>Sprouts</u> 	Protein & B Vitamins	Add Moong Sprouts in your salads, stir-fry, chaats, soups, wraps or rice.
<u>Oats</u> 	Soluble & Insoluble Fibre & Chromium	Overnight Oats, Oats Upma, Add to pancakes, muffins, cutlets, energy bars. cookies.
<u>Flax Seeds</u> 	Lignans & Omega 3 Acids	Roast (& powder) and use in: salads, dips, smoothies, nutri-bars, cookies, bread

Foods that will help you regulate Blood Sugar

Foods	Nutrients	Ways to Consume
<u>Curd</u> 	Probiotic & Good Quality Protein	Use in dips, wraps, salad dressings, parfait, desserts, buttermilk.
<u>Guava</u> 	Pectin & Vitamin C	Can be added to salads, made as a veggie or just as a fruit.
<u>Spinach</u> 	Folate & Low Calorie	Add to Omlettes, Salads, Soups, Smoothies, Sandwiches, Wraps
<u>Walnut</u> 	Omega 3 & Polyphenols	Salads, Desserts, Dips, Energy Bars

Foods that will help you regulate Blood Sugar

Foods	Nutrients	Ways to Consume
Egg 	Complete Protein & Selenium	Scrambled/ Boiled/ Omlette or use in curries/ salad/ wraps
<u>Cinnamon</u> 	Antioxidants & Cinnamonaldehyde	Use in desserts, bread herbal infusions & teas, detox juices, granola, oats, porridge, gravy and rice preparations.

Choose Wisely if you have Diabetes

THIS

Over

THAT

Whole Fruits



Fruit Juices



Rolled Oats



Ready to Eat Cereals



Brown Rice / Quinoa



Polished White Rice



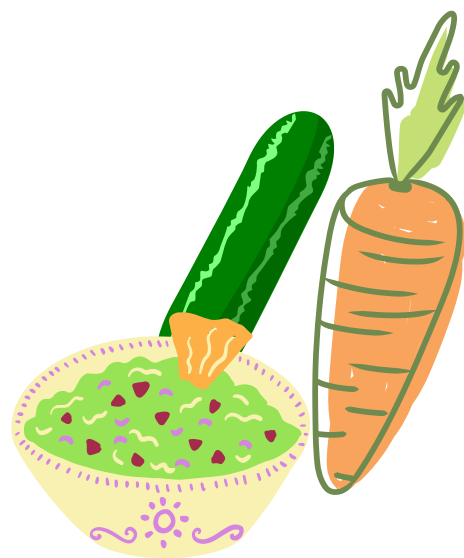
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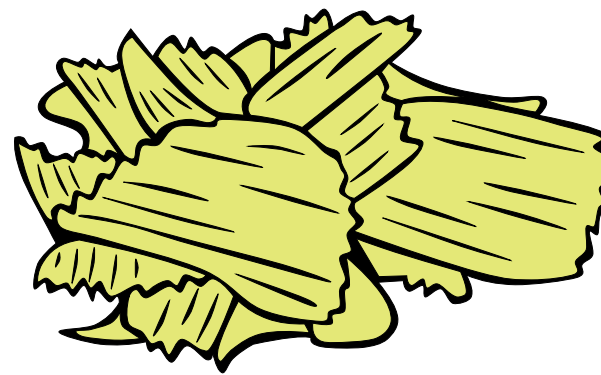
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Fresh Veggie Sticks



Veggie Chips



Homemade Soup



Instant Soup



Multigrain Bread



Refined Flour Bread



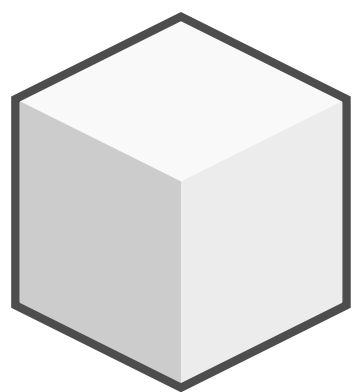
Choose Wisely if you have Diabetes

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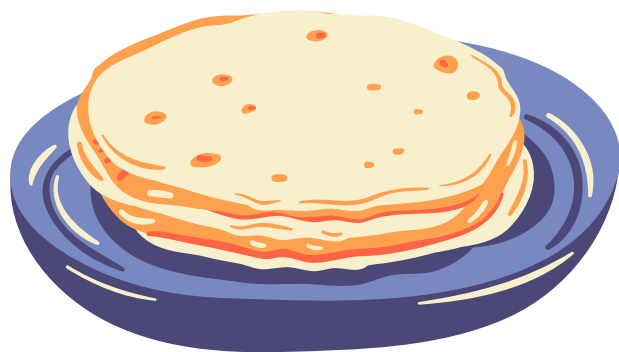
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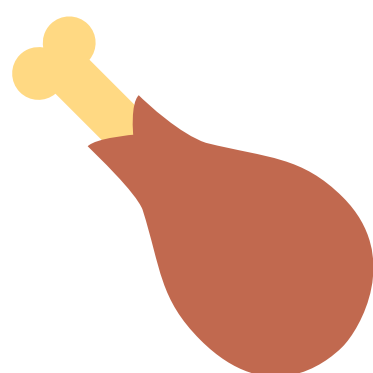
Fresh Paneer



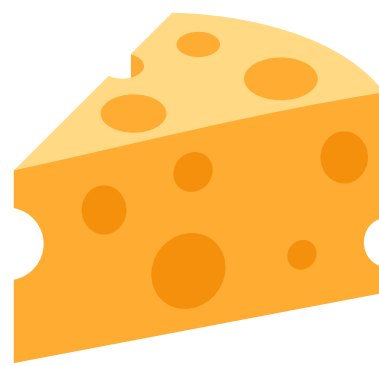
Khakra



Lean Meat



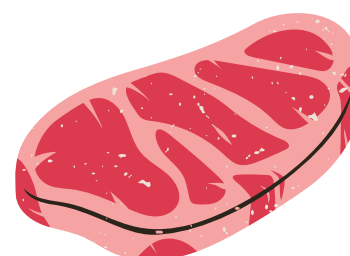
Processed Cheese



Biscuits



Red Meat



Busting Common Diabetes Myths

In our consulting sessions, we often get asked about some Myths around Diabetes. The 2 most common ones are around consuming Rice & Fruits.

Read about our take on these 2:

- Should you give up Rice if you are Diabetic?
- Do Fruits increase your blood sugar?



Busting Common Diabetes Myths

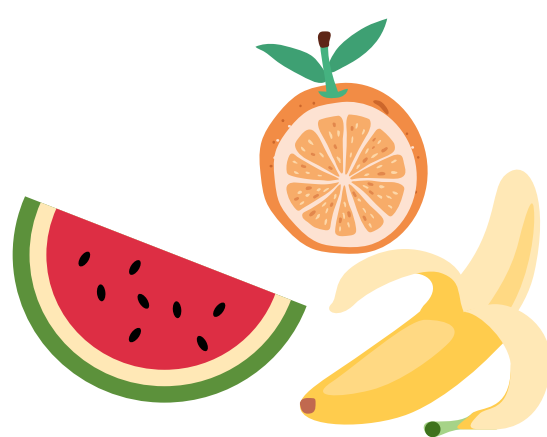
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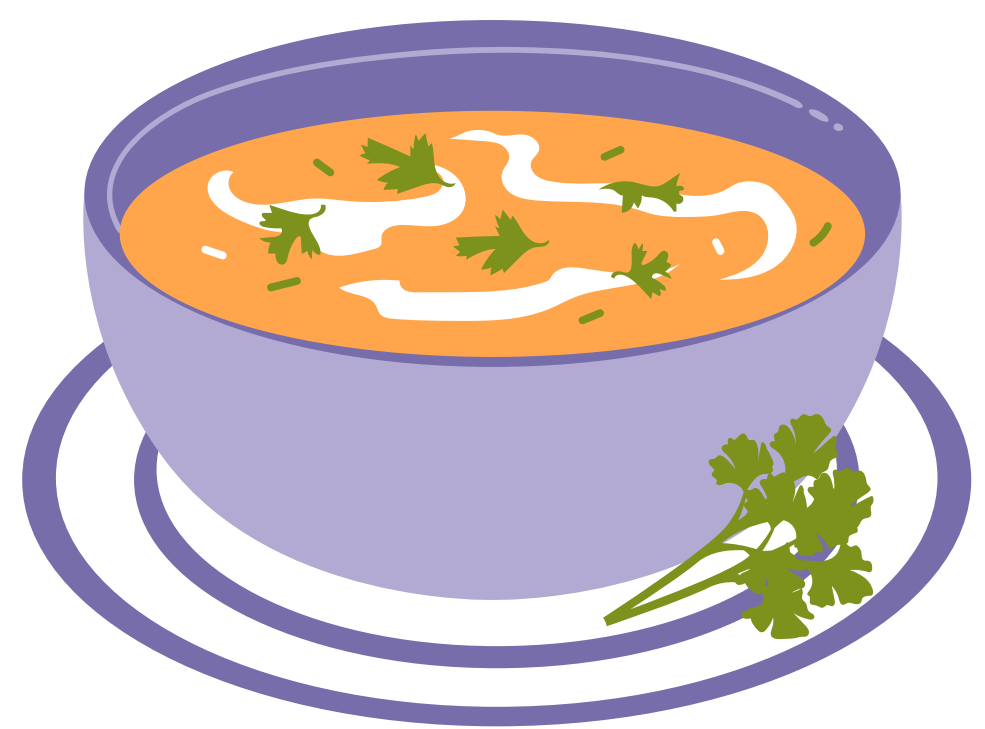
- Do Fruits increase your blood sugar?



5 Diabetes-friendly Recipes

Our Registered Dietitians & IDF Certified Educators have curated a set of Diabetes-Friendly Recipes. Click on the links below to check them out:

- [Quinoa Pulao](#)
- [Buckwheat Upma](#)
- [Big B Salad](#)
- [Crispy Seed Snack](#)
- [Tomato Celery Soup](#)



5 Diabetes-friendly Recipes

Quinoa Pulao

Ingredients

- 100 gms Quinoa
- 1 small Carrot (chopped finely, steamed)
- 3 sprigs Spring onions with greens (chopped finely)
- 1/2 cup Green Peas (boiled)
- 1/2 each Capsicum (red and yellow)
- 1-2 cloves Garlic
- 1 pc Ginger
- 1 no. Green Chilli (chopped finely)
- Salt to taste
- 2 tsp Olive oil



Method

- Wash Quinoa well, at least 2-3 times.
- Add water until it covers the quinoa in a pan. Cook quinoa until done.
- Heat olive oil in a non-stick pan; add the ginger, garlic, green chillies, capsicum, spring onions. Saute for 2-3 mins.
- Add the carrots, peas and spring onion greens, saute for for 2 mins.
- Can add/replace any veggies of choice like zucchini, baby corn, mushrooms, tomatoes, celery etc.
- Add cooked quinoa to the pan, stir while adding salt.
- Garnish with Spring onions. Serve.

5 Diabetes-friendly Recipes

Buckwheat Upma

Ingredients

- 2 Cups Buckwheat Groats (cooked)
- 1/2 Carrots (finely Chopped)
- 1 Onion small (finely chopped)
- 1/2 Capsicum (finely chopped)
- 1 Tomato (finely chopped)
- 1 Potato small (finely Chopped)
- 1 Tsp Lemon Juice
- For Tempering: Oil, Curry Leaves, Green Chilli, Grated Ginger, Cumin Seeds, Freshly ground black pepper, Fresh Coriander Leaves, Salt
(for detailed measurements please read [here](#))



Method

- Pre-cook Buckwheat (read [here](#) for how to cook buckwheat)
- Heat oil in a pan, add cumin seeds, and let it splutter.
- Add curry leaves, green chilli, ginger & saute for 30 secs.
- In case adding nuts, add at this stage.
- Add chopped onion, potato, carrots and saute.
- Cover the pan with a lid and let it cook on slow flame for 5 mins.
- Add rest of the veggies capsicum, tomatoes and saute and let it cook for 2 -3 mins.
- Now add the cooked buckwheat groats, salt and black pepper and mix well. Let it cook for 2 mins and then add lemon juice. Mix well. Garnish it with coriander leaves and few cashews.

5 Diabetes-friendly Recipes

Big B Salad

Ingredients

- 1 cup Pearl Barley (uncooked)
- 200 gms Bell peppers (yellow, red) chopped into medium pieces
- 1 tsp Olive oil
- to taste Black salt
- to taste Black pepper freshly ground
- For the Dressing: Chat masala, Cumin powder, Raisins, Chopped Ginger, Honey, Lemon Juice, Olive Oil
- For Garnish: Pomegranate, Mint Leaves

(for detailed measurements please read [here](#))



Method

- Wash the Barley thoroughly and boil it in 450 ml water with salt over medium heat.
- Cover and reduce heat to low, and cook over 15-20 minutes till most of the water is absorbed and the grains are tender but firm.
- Drain the water and keep the Barley aside.
- Toss the bell peppers in 1 tsp olive oil, salt and lots of black pepper over medium flame.
- For the dressing, blend all the ingredients in a food processor until emulsified.
- In a mixing bowl, add the dressing, and stir in cooked barley and bell peppers.
- Top it with mint leaves and pomegranate. Serve.

5 Diabetes-friendly Recipes

Crispy Rice Puff Seed Snack

Ingredients

- 3 cups Rice Puffs
- 1/2 cup Whole Roasted Chickpeas Chana
- 1/2 cup Roasted Chana dal Daliya
- 2 Tbsp Pumpkin seeds unsalted
- 2 Tbsp Sunflower seeds unsalted
- 2 Tbsp Flax seeds unsalted
- 2 Tbsp Sesame seeds unsalted
- 2 Tbsp Chia seeds
- For Tempering: Olive Oil/ Coconut Oil,
Mustard Seeds, Curry Leaves, Green Chillies,
Dried Red Chillies, Pink Salt

(for detailed measurements please read [here](#))



Method

- In a large kadhai / pan heat oil and add all the ingredients mentioned above for tempering.
- Saute lightly and let it splutter.
- Now add in all the seeds and roast it lightly.
- Next add in whole chickpeas and roast it for 30 secs.
- Next add in whole chickpeas and roast it for 30 secs.
- Lastly, add in Rice puffs and salt, roast it on a low flame for 1 min and mix well.
- Let is cool down for 10 mins and then store it in an air tight container for later consumption.

5 Diabetes-friendly Recipes

Tomato Celery Soup

Ingredients

- 4 Tomatoes (Roughly Chopped)
- 1 Stick Celery (Roughly Chopped)
- 1 no. Carrots (Roughly Chopped)
- 1 no. Onion (Roughly Chopped)
- 2 cloves Garlic
- 15-20 Black Pepper Whole
- 1 Tbsp Olive Oil
- 1 Sprig Parsley
- Pink Salt (to taste)
- Dried Italian Herbs



Method

- Pre-heat the oven for 10 mins, at 180 degree Celsius.
- Wash all the veggies and roughly chop them and place them on baking tray.
- Drizzle a little olive oil, and all of whole black pepper an oven roast them for 15-20 mins.
- Allow it to cool down and blendrize it with little water to adjust the consistency!
- If needed can strain with coarse strainer. Spice it up with pink salt, Italian herbs and garnish it with parsley.
- Enjoy a wholesome pipping hot soup!

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This Diabetes Handbook is curated by our
Registered Dietitians & IDF Certified Diabetes
Educators - who have over 17 years of experience in
working with clients with Diabetes.



Kirti Tatiwala & Deepmala Toshniwal
Registered Dietitians & IDF Certified Diabetes Educators
Co-Founders of Curo Wellness

**Connect with us to schedule a consultation on
lifestyle changes & nutrition planning to prevent
Diabetes or manage Diabetes.**

email us: curowellness@gmail.com

