

Food, Glorious Food!

In diabetes management, the one thing no one can escape is the management of food. In this new 'blogspot' for diabetes patients who want to share their experiences with others, Marco Aizawa talks about the trappings of having too much of a good thing.



On the one hand, eating too much can cause high blood sugars. On the other, eating too little will cause low blood sugars. What type of food should we avoid? Is there a specific diet for people with Diabetes? Questions abound when we think about eating!

I enjoy doing sports, so I tend to eat more

when I exercise or my hunger pangs will strike when I cycle or run. There were a few occasions where I assumed I had eaten enough and would cycle or run longer distances. I would then end up having to rescue my low blood sugars before reaching home, like stopping at a nearby bus stop or a nearby coffee shop to have a can of 100 plus and snacks before cycling or run home slowly.

Some people eat to live, while some people live to eat. I enjoy eating out. I enjoy trying new foods. I have tried buffets with friends, having alcoholic drinks with friends after dinner, but I am cautious of

my blood sugars when I eat out, and also need to keep myself in shape.

The other day, I met up with several friends for a scrumptious buffet dinner. The spread was really too good to resist. So I thought I would 'cheat' by cutting down on my carbohydrate intake in order to consume more meat, soup, vegetables and desserts. It was a bad move. It was not until I checked my blood sugars the next day that I realised I had overeaten. My blood sugar level was constantly higher than before and it took six to eight hours of constant management like eating less and monitoring my blood sugars for most of the day before my sugar levels finally went back to normal.

So I learnt a valuable lesson on those two occasions. You can never be too careful. Eating the right amount, having a balanced diet, eating right, and exercising a little restraints never does anyone any harm. For a start, it will help you control your blood sugar levels. And save your life.

