



**una infografía sobre . A kind of diet:  
diabético.**

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# A KIND OF DIET: DIABÉTIC.

## 1 what is

is a chronic (long-term) disease that affects the way the body



## Types of diabetes 2



There are three main types of diabetes: type 1 diabetes, type 2 diabetes and gestational diabetes

## 3 What should a diabetic not eat?

Whole grains such as whole wheat, brown rice, barley, quinoa, and oats. Proteins, such as lean meats, chicken, turkey, fish, eggs, nuts, beans, lentils, and tofu. Skim or low-fat dairy products such as milk,



## What drinks can diabetics drink? 4



Water is, without a doubt, the best beverage option for everyone, including people living with diabetes.

## 5 What can you do to lower your sugar?

- Exercise regularly. ...
- Control your carbohydrate intake. ...
- Increase your fiber intake. ...
- Drink water and stay hydrated. ...
- Implement portion control. ...
- Choose foods with a low glycemic index. ...
- Control stress levels.

