



Take Care
of Your

Heart

Manage
Your

Diabetes

- ▶ Blood Glucose
- ▶ Blood Pressure
- ▶ Cholesterol

Bankers



Heart Institute

NABH Accredited & Govt. Approved

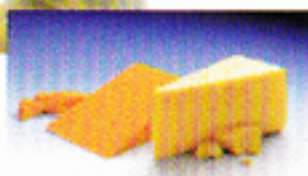
PULSES EXCHANGE 30 g = 100 calories

| | |
|----------------|-------------------|
| Thin dal | = 1 medium katori |
| Thick dal | = ½ medium katori |
| Sprouts / Usal | = 1 medium katori |
| Rajmah | = ¾ katori |



MILK EXCHANGE = 100 calories

| | |
|----------------|-----------------|
| Whole milk | = 1 cup |
| Toned cow milk | = 1 ½ cup |
| Curd | = 1 katori |
| Butter milk | = 1½ glass |
| Cheese | = 1 inch cube |
| Ice-cream | = 50 ml = ½ cup |



VEGETABLE EXCHANGE = 50 calories

| | |
|-------------------------------|------------|
| Bottle gourd, Turiya | = 1 katori |
| Carrot, Cucumber | = 1 katori |
| Brinjal, Cauliflower, Cabbage | = 1 katori |
| Lady's finger, Beans capsicum | = 1 katori |
| Amaranth, Methi | = 1 katori |
| Potato | = ½ katori |



MEAT EXCHANGE = 100 calories

| | |
|-----------|--------------------|
| Lean meat | = 3-4 1" pieces |
| Chicken | = 3-4 1" pieces |
| Fish | = Less than 100 gm |



FRUIT = 50 calories

| | |
|---------------------------|------------|
| Apple, Orange, Sweet lime | = 1 medium |
| Banana | = ½ big |
| Chickoo | = ½ medium |
| Grapes | = 10 - 12 |
| Papaya | = 1 katori |



FATS EXCHANGE = 45 calories

| | |
|------------|-----------------|
| Oil / Ghee | = 1 teaspoonful |
| Butter | = 1 teaspoonful |

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Near Tagorenagar, Opp. Suryakiran Building,
Old Padra Road, Vadodara-390 015.

Phone : (0265) 2324004, 2320404, 2320099, Fax : (0265) 2327401
Email : info@bankersheart.com

WEIGHT.....WATCH

List of foods to be taken

| RARELY | MODERATION | FREELY |
|---|--|---|
| Sugar, cakes, Jams, Pickles, Soft drinks, Ice-cream, Chocolate, Fried farsans, biscuits, Ghee, Wines, Beer, Sweet | White bread, Dry fruits, Eggs, Fruit juice, Lean meat, Pastries, Cheese, Thick soup. | Fish, Clear soup, Green salad, Whole grains beans, green onions, Fresh whole fruits and Vegetables. |

EXERCISE... EVALUATION

ENERGY REQUIREMENT OF COMMON ACTIVITIES

| Activity | Utilization / Minute |
|-----------------|----------------------|
| Rest Supine | 1 calories |
| Eating | 1.4 calories |
| Dressing | 2.5 calories |
| Walking | 5.1 calories |
| Washing Clothes | 3 calories |
| Dancing | 5.5 calories |
| Mopping Floor | 4.2 calories |
| Cycling | 5 calories |
| Golfing | 5 calories |
| Playing Tennis | 8 calories |

'Being on diet' - Use Exchange list to suit your special needs.

TRY THESE... Tips & Tricks

CEREAL EXCHANGE 30 g = 100 calories

1 chapati = 2 small phulka

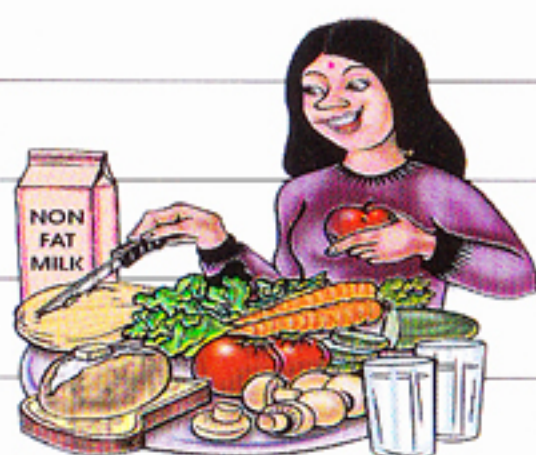
Bread = 2 slices regular

1 rotla small, 1 Katori cooked rice

1 medium katori poha / upma

2 small idlis

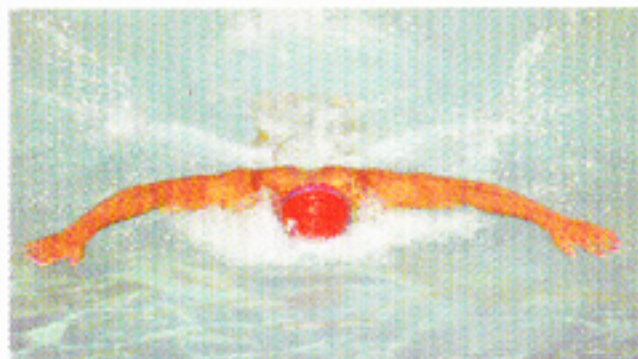
4 marie biscuits



EXERCISE

A work out program that really works

- Take a walk
- Swimming
- Games
- Yoga



YOU CAN DO IT : ONE STEP AT A TIME

WEIGHT LOSS

It helps the body to use insulin better by a healthy meal plan and exercise.

BACK - UP PLAN

Guideline of Diabetes Control

| Parameter | Good | Borderline | Poor |
|-------------------------------|---------------|---------------|------------|
| Blood Glucose mg / dl | | | |
| Fasting | 80-110 | ≤ 140 | > 140 |
| Postprandial | 80-144 | ≤ 180 | > 180 |
| Urine Glucose (%) | Nil | ≤ 0.5 | > 0.5 |
| Total Cholesterol mg / dl | < 200 | ≤ 250 | > 250 |
| HDL Cholesterol mg / dl | > 40 | ≥ 35 | < 35 |
| Fasting Triglycerides mg / dl | < 150 | < 200 | > 200 |
| Blood Pressure mm Hg | $\leq 140/90$ | $\leq 160/95$ | $> 160/95$ |

BE SMART ABOUT YOUR HEALTH

Take action now.....

- Get at least 30 minute of physical activity 5 days a week
- Eat less fat and salt
- Eat more grains, fruits vegetables and beans
- Stay at a healthy weight
- Stop smoking limit alcohol



SIMPLE CHANGES

DIET

- High carbohydrates 55-60%
- Protein 15-20%
- Fat less than 30%
- Salt $\frac{1}{2}$ to $\frac{3}{4}$ teaspoon / day
- Cholesterol less than 300 mg / day
- Vitamins and Minerals
- Fibre rich foods



Things that affect your blood glucose levels.

| Too High | Too Low |
|--------------------------|------------------------|
| Eating more than usual | Eating less than usual |
| Eating sugary foods | Skipping Meals |
| Exercise less than usual | More exercise |
| Stress | |
| Sickness | |

KNOW YOUR DIABETES

Diabetes is a condition where insulin is not produced in the pancreas or is ineffective. This leads to increased level of glucose in the blood which leads to complications like.

- Heart Attacks
- Kidney disorders
- Strokes
- Problems in Eye
- Nerve Damage

THERE IS NO CURE FOR DIABETES BUT YOU CAN FIGHT BACK

TAKE CONTROL OF THE ABCs of diabetes and live a long and healthy life.

A is for A1C

measures your average blood sugar

B is for BLOOD PRESSURE

makes your heart work too hard

C is for CHOLESTEROL

bad cholesterol or LDL clogs your blood vessels.

SIGNS of DIABETES

- Excessive urination
- Intense thirst or hunger
- Sever fatigue