

Basic Diet Guidelines

1. Avoid simple carbohydrates

- Sugar
- Honey
- Soft drink
- Candy
- Jam
- Ice-cream
- Sweetened condensed milk



2. Consume complex carbohydrates in moderation

- Grain/cereals
- Tuber
- Bread
- Biscuit
- Pasta
- Fruits



3. Eat freely the following items:

- Spices
- Water / Tea / Coffee (without sugar)
- Green leafy vegetables



Dietetic & Nutritional Services Department



Operating Hours

Monday - Friday : 8.30am - 5.30pm
Saturday : 8.30am - 12.30pm

Location : 5th Floor

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Diabetes Mellitus

Work Towards Your Goal To Stabilize Your Glucose Level



What is Type 2 Diabetes Mellitus?

Type 2 Diabetes Mellitus is a disease that is characterized by high blood sugar level that results from defects in insulin secretion or action, or both. This disease can be control by **dietary modification, medication, and exercise.**

Blood Results:

Indicator	Optimum
Fasting Blood Glucose (FBS)	4.4-6.0mmol/L
Random Blood Glucose (RBG)	4.4-8.0mmol/L
HbA _{1c}	< 6.5 %

Causes

1. Genetic/ Ethnic
2. Overweight
3. Diabetes during pregnancy
4. Aging
5. Unhealthy diet practice
6. Defect of pancreas
7. Certain medication

Can Diabetes be Controlled?

The answer is **YES !!**

- Basically, diabetes cannot be cured, but definitely it can be controlled.
- Diabetes can be controlled by one of the following ways:

- 1) **DIET** and **EXERCISE**
- 2) **DIET, EXERCISE** and **MEDICATION**
- 3) **DIET, EXERCISE** and **INSULIN THERAPY**



With good control of blood sugar, complications which are associated with diabetes like **kidney damage, heart disease** and even **blindness** can be avoided or delayed.

The Aims of Dietary Management

1. To achieve or maintain a normal blood glucose and lipid level.
2. To achieve and maintain satisfactory body weight.
3. To provide sufficient calories for normal activities.



Principles of Diet Management

1. Have regular meal times and avoid skipping meals.
2. Have small and frequent meals.
3. Practice varied and balanced diet.
4. Distribute evenly the intake of complex carbohydrate between meals.
5. Ration the intake of fruit and milk.

Milk : 1-2 serving per day

Fruit : 1-2 serving per day

Have your fruits and milk after each main meal.

6. Increase your dietary fibre intake.
7. Eat less fat or oil.
8. Have regular exercise.
9. Avoid alcohol intake.

