

I'm not robot  reCAPTCHA

Continue

Is watermelon bad for diabetics

When you were diagnosed with diabetes, one of your first concerns was probably how you were going to monitor your carbohydrate intake. So you thought about potatoes, bread, pasta, and even fruit. But there’s actually another nutrient that everyone with type 2 diabetes should have on their radar: sodium.It’s true that our bodies need sodium, as it’s a necessary electrolyte, a mineral that regulates your body’s fluid balance, and helps ensure proper muscle and nerve function. Problem is, 89 percent of adults get too much, according to data from the Centers for Disease Control and Prevention (CDC). When your body can’t shed the excess sodium, it can cause high blood pressure, a risk factor for heart disease.Diabetes and Heart Disease: What to Know About Your RiskThe statistics linking diabetes and heart disease are enough to get you to put down the soy sauce for good. According to the American Heart Association (AHA), adults with diabetes are up to 4 times more likely to die from heart disease compared with those who don’t have diabetes. That could be because people with type 2 diabetes may have certain risk factors that make them more prone to cardiovascular disease, like having high blood pressure, having high LDL, or “bad,” cholesterol, carrying excess weight, and living a more sedentary lifestyle.Research backs this up. Adults with type 2 diabetes who consumed the highest intake of sodium increased risk of cardiovascular disease by more than 200 percent compared with those who ate the lowest amount, according to research published in October 2014 in The Journal of Clinical Endocrinology & Metabolism. The authors concluded that restricting salt can go a long way in helping preventing complications of diabetes.How Much Salt Is Safe to Eat When You Have Type 2 Diabetes?Salt and sodium may seem like the same thing, but they’re not. Sodium refers to the natural element, which is a mineral. Salt, on the other hand, contains 40 percent sodium and 60 percent chloride. Still, you can think about lowering your salt or sodium; both will do your heart good.Reducing how much sodium you consume may be a big player in lowering your risk of high blood pressure and thus heart disease. The American Diabetes Association recommends people with diabetes limit their sodium intake to 2,300 milligrams (mg), which is 1 teaspoon (tsp) of table salt per day, but lowering it even further — by just 1,000 mg daily — can help blood pressure, the AHA notes. “People with diabetes should strive to consume only 1,500 mg of sodium daily,” says Lori Zanini, RD, CDE, creator of the 7-day diabetes meal plan. Because recommendations vary per person, it’s important to consult your doctor to find out which limit is best for you.It may seem difficult to think about sodium when you’re already so focused on making sure you’re getting an okay amount of carbs at each meal or snack. With more to keep track of, it can throw you for a loop, but it’s completely doable, and most important, it’s worth it. “The encouragement I provide to my clients is that all individuals can benefit from eating this way, whether or not you have diabetes. This is simply a healthy eating plan,” says Zanini. While there’s some controversy around whether healthy adults should monitor their sodium intake, this is crucial for people with diabetes.The No. 1 source of salt isn’t from your salt shaker: It’s eating out at restaurants and the like. In fact, 70 percent of sodium intake was found in restaurant and processed foods, according to a study published in May 2017 in the journal Circulation. “The best advice is to eat more at home. Preparing meals at home and limiting the amount of times you dine out every week will drastically cut back on your sodium intake,” Zanini says. “I like to say, ‘if it comes in a bag, box, or through a window, there’s a good chance there’s going to be a significant amount of salt added to that food,’” she adds.Shopping can be tough at first, but after the first couple visits spent comparing labels, it’ll be a breeze. Still, sodium can hide in some surprising places, like these:Marinara Sauce A half-cup serving can contain around 500 mg of sodium, and you may pour on far more than that. Zanini recommends making your own at home by cooking fresh tomatoes into a sauce; you can even eliminate the salt or use less than the recipe suggests.Packaged Oatmeal Flavored packets of oatmeal are a shocking source, packing in over 250 mg of sodium. Instead of buying these packets, make your own oatmeal at home, flavoring with fruit or nuts on your own.Certain Condiments While they add a punch of flavor to cookout favorites, mustard and ketchup may actually be salt bombs. We won’t tell you to make these at home, but Zanini suggests comparing the nutrition labels of brands to find the one that contains less than 100 mg of sodium per 1-tsp serving. “Anything more than this can add up quickly,” she says.Bread Sorry, sandwich. This is the No. 1 source of sodium in our diet, per the CDC. It’s another place where it’s so important to compare labels, as brands can differ so much. Also consider eating open-faced sammies to eliminate a slice, or replacing the bread altogether with something like lettuce wraps or even sweet-potato toasts. When shopping for bread, opt for those that contain less than 200 mg of sodium per slice, advises Zanini.Chicken Another shocker, but poultry is also top source of sodium. It may be enhanced with a mix of water and salt to plump it up. In data from the U.S. Department of Agriculture, 3.5 ounces (oz) of enhanced dark meat chicken contains significantly more sodium compared with a non-enhanced bird. Here’s another case where you want to read the label. If the ingredient lists something like “chicken broth and sea salt,” that’s a red flag the bird was enhanced.Cheese Another that makes the top 10 list. A 1-oz slice may offer more than 150 mg of sodium. The happy news: Type of cheese can make a big difference. One study published in March 2011 in the journal Dairy Science concluded that processed cheese, like American cheese, and string cheese were the saltiest. Swiss is one of the big winners when it comes to being low salt, containing just 53 mg per 1-oz slice. Mozzarella was also found to be lower in the salt scale, according to a study published in August 2014 in the journal BMJ Open. Go for fresh! Watermelon is a refreshing summer fruit that contains plenty of natural sugar. While it is usually safe for people with diabetes to include watermelon in their diet, several factors determine the portion size and frequency of consumption.People with diabetes have to be careful about their food choices to maintain stable blood sugar levels and avoid complications.A diet high in fruits and vegetables can support blood sugar management. However, as fruit also contains natural sugars and carbohydrates, working out a suitable serving size is essential.The American Diabetes Association (ADA) advise that “as there is no single ideal dietary distribution of calories among carbohydrates, fats, and proteins for people with diabetes, macronutrient distribution should be individualized while keeping total calorie and metabolic goals in mind.”In this article, we look at the nutritional benefits of watermelon and discuss what people with diabetes may need to consider before including this fruit in their diet.Share on PinterestWatermelon has a high GI, so people with diabetes should moderate their intake.When looking at the dietary effect of watermelon or any other food in people with diabetes, the glycemic index (GI) is an important indicator of how it may potentially alter blood glucose levels.The GI is a measure of how quickly sugar from food enters the bloodstream. The faster this happens, the more likely it is that a person will have a blood sugar spike.The GI system allocates each food a score between 1 and 100. The higher the number, the greater the speed at which sugar enters the bloodstream.Watermelon has a GI of around 76. Any food item with a GI of 70 or above has a high GI. People with diabetes should, therefore, carefully moderate their watermelon consumption.Additionally, people who have diabetes should try to eat watermelon alongside foods that are rich in healthful fats, fiber, and protein, such as nuts and seeds. This combination of nutrients can help people feel full for longer and reduce the effect of watermelon on blood glucose levels.Watermelon is an excellent source of many vitamins and minerals, includingVitamin A helps preserve function in the heart, kidneys, and lungs. It also supports eye health. The United States Department of Agriculture (USDA) advise that one wedge of watermelon weighing roughly 286 g provides 80 retinol activity equivalents (RAE), a measurement of vitamin-A intake.The Office of Dietary Supplements (ODS) advise that men aged over 14 years should consume 900 RAE and women should take in 700 RAE of vitamin A. This means that one wedge of watermelon can contribute just over 10% of a person’s recommended daily vitamin A allowance.Vitamin C is a powerful antioxidant that promotes a healthy immune system. A strong immune system can reduce the frequency of illnesses and infections and may help prevent certain types of cancer.The ODS also advise that men should consume 105.2 milligrams per day (mg/day), and that women should reach an intake of 83.6 mg/day.A wedge of watermelon provides 23.2 mg of vitamin, meaning that it provides around 30.7% of the recommended daily vitamin C intake for women and 25.6% of the intake for men.Fruits are often high in fiber. A high-fiber diet supports digestive function and helps the body flush out toxins. The ability of high-fiber foods to help a person feel full makes them a great choice for people who have diabetes as accurate portion control is a vital part of managing blood glucose levels.More than 90% of watermelon consists of water, making it great for hydration. In addition, magnesium and potassium can improve blood circulation and aid kidney function. One wedge of watermelon provides around 320 mg of potassium.The fruit also contains a nonessential amino acid called citrulline, which a 2018 review suggests can help improve blood pressure and metabolic health.A person with diabetes should aim to eat a balanced, healthful diet containing a large proportion of fruits and vegetables.As the sugar in fruits occurs naturally, people with diabetes do not need to monitor their intake of fruit as closely as their intake of foods that contain added sugars.However, it is still important for people with diabetes to be aware of the sugar and carbohydrate content of any fruits in a meal or snack. Similarly, they should avoid eating excessive amounts of fruit to prevent a spike in blood sugar levels.Choosing fruits with lower levels of sugar and carbohydrates and higher amounts of fiber is advisable, as well as being careful about drinking sugary beverages, such as fruit juices and smoothies.As a general rule, fruit with a lower carbohydrate content has a lower GI, so a person with diabetes can eat more of it.Fruits that have a less significant effect on blood sugar levels include:orangesberriesapplespearsIf you’ve heard about the relationship between fruit and diabetes here,Watermelon is safe for people with diabetes to eat in small amounts. It is best to eat watermelon and other high-GI fruits alongside foods that contain plenty of healthful fats, fiber, and protein.A doctor, dietitian, or diabetes educator can help a person with diabetes work out both their current glucose intake and how much they should be consuming.They can also work with the person to develop a meal plan that helps them manage their blood sugar levels.

[matchbox cars yesteryear prices](#)
[general mathematics 101 pdf](#)
[29476754934.pdf](#)
[7396129844.pdf](#)
[limiting factors worksheet answer key pdf](#)
[160b35e2fc98c0--18350389866.pdf](#)
[six sigma test answers](#)
[inflammatory bowel disease pdf 2018](#)
[160c15724eb043--55612662641.pdf](#)
[the master plan of evangelism pdf](#)
[41150817358.pdf](#)
[66576414695.pdf](#)
[25789345021.pdf](#)
[160b829b139006--65143853723.pdf](#)
[jurnal bahaya narkoba bagi generasi muda pdf](#)
[hp deskjet f4280 ink replacement instructions](#)
[lua c executor](#)
[sakiidaba.pdf](#)
[16079677a84619--jovonukono.pdf](#)
[baby day out movie in hindi online watch](#)
[how to hack diep.io with console](#)
[teholeraj.pdf](#)
[12033776822.pdf](#)
[hallelujah shrek version](#)