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# Top Tips You Need To Know For Diabetes

It is important that diabetes medication be taken as prescribed by the doctor. Sometimes diabetic symptoms are not easy to notice; and, because of this, it is important to stay on top of your medication. Side effects or questions about your treatment plan should be discussed with your physician; however, you should take medication as directed and not stop taking it on your own.

If you are a diabetic, you should consider eating five to six little meals rather than three large meals everyday. Eating smaller amounts with greater frequency during the day helps maintain the stability of your blood sugar. Frequent meals also help to eliminate the risk of binge eating, since you will never feel ravenous.

Follow your meal schedule rigorously. It is easier for your body to maintain proper blood sugar levels when you avoid skipping meals or delaying mealtime. If you have type 2 diabetes, your naturally high level of sugar will be combined with the glucose released from the liver in a dangerous spike.

Make sure to take along an insulated cold bag to store your insulin supply when you travel. This will keep the insulin, that needs a certain temperature, from getting too cold or too hot.

Eating egg whites for breakfast is a wonderful idea for anyone suffering from diabetes. Egg whites provide protein for energy, and limit calories while also being very low in fat. Egg whites make great omelets, or go well scrambled with some sliced ham.

If you have been diagnosed with diabetes, then you need to know how different foods can affect your body. There are foods that can quickly raise blood sugar levels, and others which should be avoided altogether by diabetics.

Every type of food has a number that states its effects on blood sugar. This number is called the "glycemic index". Keep in mind that you want a lower GI number, this is better for diabetics.

As mentioned earlier in the article, diabetes should only be scary if you are not educated on how to live with it daily. If you use this article's advice, you will be able to manage your condition and improve your health.

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