



The Medical **Bulletin**

In Diabetology

“THIS HOLI LET IT BE HOLY – YOU “

“HAPPY HOLI TO ALL MY FELLOW MEN & WOMEN WITH DIABETES”

Holi is here, time to indulge in Gujias, kachoris and other festive delicacies. Any person with diabetes needs to take extra steps during this time of the year to ensure their blood-glucose levels are in check. Further, the ongoing pandemic also brings reason to ensure controlled glucose levels as people with diabetes are more likely to have complications from Covid-19. Here are some simple steps to make your HOLI truly HOLY.

Tips for people with Diabetes

1. Practice moderation:

Stick to a balanced diet and a defined calorie intake of around 1600 - 2000 calories/day.

2. Use sugar alternatives:

Watch the carbohydrates, oil and sugar that goes in preparing the delicacies. Use skimmed milk instead of full fatted milk, and artificial sweeteners like stevia, over table sugars. You can also add dates, raisins, figs (anjeer) or fruits to sweeten your desert.

3. Slow intake:

A few bites of the food will give you a taste of the festive indulgence without adding extra calories.

4. Use herbal colours only:

People with diabetes are more susceptible to skin infection when their blood-glucose levels are not in control. Hence, opt for natural or herbal colours only.

5. Be smart about your carbs:

Limit your refined and processed carbohydrate intakes, and replace it with proteins like fish, chicken or soy.

6. Choose your Fats:

Choose healthy oils like olive oil and canola oil to prepare your meals and snacks. They are rich in Omega-3, monounsaturated fats (MUFA) and polyunsaturated fats (PUFA), which helps in bringing better control over your blood sugar level.

7. Drink fluids:

Make sure to drink at least 3 to 4 litres of fluids to keep yourself hydrated in-between enjoying all the festivities, which includes natural beverages like water, coconut water, lemonade, butter milk or milk for refreshment.

8. Avoid or moderate alcohol intake:

9. Ensuring correct dosage of Insulin:

10. Compensate with physical activity:

Keep your body active and compensate for the extra calories consumed.

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