

# CERTIFICATE COURSE ON S: 13 NUTRITION FOR DIABETIC PATIENTS

I. Introduction :- Diabetes is a condition that impairs the body's ability to process blood glucose, otherwise known as blood sugar. Three major diabetes types can develop.

Type I diabetes :- This type occurs when the body fails to produce insulin.

Type 2 diabetes :- it affects the way the body uses insulin. While the body still makes insulin, unlike in type 1, the cells in the body do not respond to it as effectively as they did once.

Gestational diabetes :- This type occurs in women during pregnancy in some women when the body can become less sensitive to insulin.

II. How to manage a patient with diabetes

There is no cure for diabetes, but it can be treated and controlled. The goal of managing diabetes are to: keep your blood glucose levels as near to normal



as positive by balancing food intake with medication and activity.

III. List of advisable for diabetic patients:

beef, chicken, fish, pork, turkey, seafood beans, cheese, eggs, nuts and tofu whole grains such as: brown rice, oat meals, millet, baked sweet potato, fresh veggies, spinach.

IV. List of non-advisable food for balanced diet:

White bread, rice and pasta are high-carb, processed foods, this has been shown to significantly increase blood sugar levels.

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 PRINCIPAL  
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 Solihanda, Hyderabad-500018, T.S.  
 College Code: 11038

S.NO	Name of students	Reg.No	Students
1	Sana Sabee	190819445024	<i>[Signature]</i>
2	Muna Tabassum	190819445029	<i>[Signature]</i>
3	Sana Sabee	190819445045	<i>[Signature]</i>
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5	Mahjabeen	190819445026	<i>[Signature]</i>
6	Seema Nagesh	190819445098	<i>[Signature]</i>
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12	Sana zahid	190819445039	<i>[Signature]</i>
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14	Jilath beera	190819445016	<i>[Signature]</i>
15	Mahaan beera	190819445022	<i>[Signature]</i>
16	Mahaan beera	190819445028	<i>[Signature]</i>
17	Maimoon beera	190819445021	<i>[Signature]</i>
18	Teharum beera	190819445057	<i>[Signature]</i>
19	Mazid beera	190819445022	<i>[Signature]</i>
20	Seema pawan	190819445047	<i>[Signature]</i>

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DEPARTMENT OF ZOOLOGY



## Certificate Course

This is to certify that M/s ..... ASMA ..... BEGIUM.....  
D/o. Sri..... SHAIK ..... RABBANI..... Student of ..... Bsc/Bzc (1st SEM)  
Medium bearing Roll No..... 1908/1944-5006..... has secured..... 80..... marks  
and passed the certificate course during the academic year 2020-2021.

COURSE COORDINATOR  
(DR. N. THULASI)

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