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Find Out The Main Aspects About American Diabetic Diet

More than two hundred thousand Americans die from diabetes every year. And about one million of newly diagnosed diabetics join the army of sick people each year. It is important for all the patients as well as for those who want to live healthy to follow the American diabetic diet.

No matter what type of diabetes you are having it is important to stay on a diabetic diet. Following the right meal plan is the most effective way of maintaining blood sugar levels without the use of strong medications.

The effectiveness of American diabetic diet could be explained by the presence of all food groups in it. This diet plan recommends eating those products which are rich with non-saturated fats and are free from saturated fats. The majority of daily calorie count should come from carbohydrates. Second place should be taken by fats, and the third one – by proteins.

The American diabetic menu has to be followed daily. Here are the main rules that are stated in this diet plan.

Any diabetic person should consume five servings of fresh fruit and vegetables daily. It is important to have several portions of cereals, pasta or bread – the products known as whole grains. Another important part of your daily menu is meat. You should have a couple of portions of poultry or fish every day. Low-fat dairy products are also encouraged under this type of diet plan.

Every one of us has his or her own bodily requirements. That is why the amount of calories should be different for each person. In fact, some people need to consume lots of calories. They could be the ones to stay on American diabetic diet as well.

If you are supposed to stay on twelve to sixteen hundred calories per day, your diet plan may include fruit and vegetables, milk or yogurt, some fat, and several portions of starches. If your physician has recommended you to have sixteen to twenty hundred calories every day, you may have a bit more fats as well as starches. The same tendency is kept for diabetic people on more than twenty hundred calories diet.

The common myth is that a diabetic person is not allowed to eat any sweet products. The American diabetic diet recommends eating sweets, but not regularly and only in tiny amounts. Diabetic patients should give their preferences to artificial sweeteners though. And it is better to eat low-calorie sweets, if you are allowed to have some under your diet plan.

An important fact is that the American diabetic diet is not designed for diabetic people only. It is the one that works for everyone. Actually, diabetic people have the same nutritional needs as the rest of the population. And it is true not only about the diet menu, but about physical exercises as well.

Learn more about [diabetic diet](#) and how it can assist. Info about recipes, menus and other [diabetic diet](#) issues on this website with [diabetic diet](#) information.

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