

# Beat it the natural way

Here are some kitchen ingredients that can help you fight diabetes

BY MUNMUN GANERIWAL

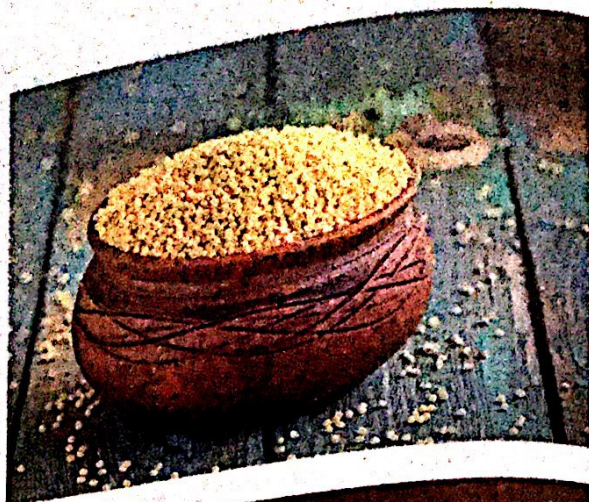
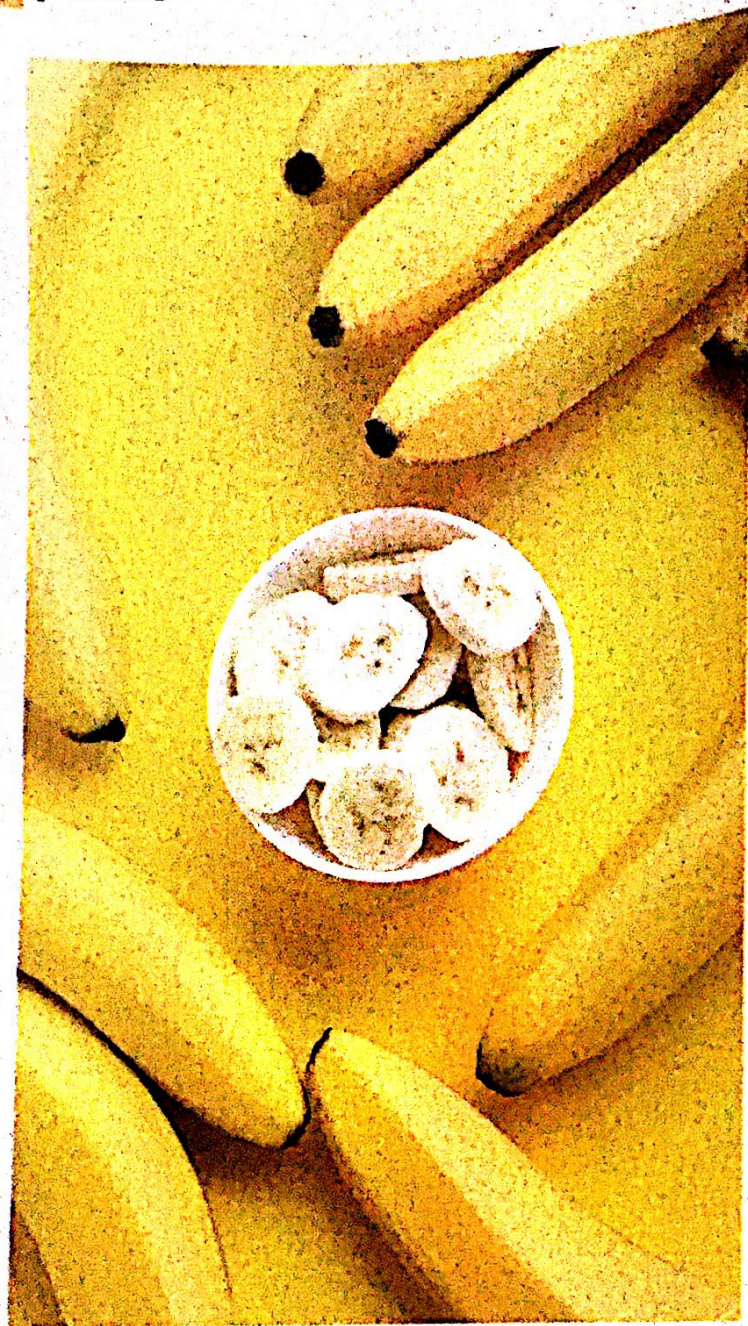
**W**ith the gradual economic development in our country, there has been an increase in the consumption of packaged and processed food. With more and more people turning away from homemade food, non-communicable diseases like diabetes are on a steady rise. India, referred to as the diabetes capital of the globe, is reeling under the double pressure of 'diabesity'—diabetes and obesity. Dealing with diabetes requires a multi-pronged approach of food, fitness, sleep and a complete reversal of lifestyle. Listed below are food that are easily available in our kitchen and can help you take the right step towards fighting diabetes.

**1 Ghee:** Nutrition science tells us that addition of fat to a meal brings down its glycemic index. Adding ghee lowers the overall GI (glycemic index) of a meal, improves insulin sensitivity and helps your body metabolise fat more efficiently. Contrary to popular belief, dietary fats are crucial to burn the fats in the body (i.e. body triglycerides). Ghee is especially unique among all dietary fats due to the presence of SCFA (short chain fatty acid). The SCFA in ghee makes it lipolytic, which breaks down body fat and aids in weight loss.

**2 Bananas:** Mango may be considered the king of fruits, but when it comes to health, banana owns the crown. Banana is a common fruit and can be seen in almost every part of India. Apart from being a tasty fruit, it is also a great source of nutrition and a healthy snack.

Bananas are rich in dietary fibre, which are vital elements in removing toxins from the body. It also contains fructooligosaccharides, which are prebiotic in nature. 'Prebiotics' are the food that 'probiotics' need to survive. Fructooligosaccharides or FOS feed the good bacteria within the digestive tract. As probiotics can lower glucose and insulin levels in those with diabetes, one must include bananas in one's daily diet.





**3** **Milletts:** Complement your intake of regular grains such as rice and wheat with millets such as jowar, bajra, ragi. These millets are nutritionally superior due to higher levels of protein with a more balanced amino acid profile, crude fibre and minerals like zinc, phosphorus, calcium and iron. They contain both soluble and insoluble fibre that helps with sugar control.

**4** **Potatoes:** Potatoes are believed to be too starchy, high in calories and carbs. But as a matter of fact, they don't just have carbs, but also high levels of an essential amino acid called lysine, which is a precursor to the human growth hormone (HGH). This hormone helps the body repair and maintain itself, and also grow. This simply means increased fat loss and better insulin sensitivity, both of which are crucial for diabetes.

**5** **Homemade pickles:** Through the process of lacto fermentation, home-made pickles have in them the good or probiotic bacteria, which have a range of health benefits including regulation of blood sugar levels. Have them in small amounts along with your meals to reap the benefits.

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