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# Diabetic Weight Loss Diet

If you are diabetic and overweight, you need an effective diabetic weight loss diet to not only manage your weight but also stabilize your blood sugar levels. Maintaining a healthy weight and blood sugar level is crucial in reducing your chances of suffering serious healthy complications associated with diabetes.

We all understand that one of the most important keys to losing weight is to select healthy foods to eat. Foods that control insulin production and release are beneficial too. Some people find learning to eat a balanced diet difficult. An vital part of controlling blood sugar levels is learning to balance your consumption of protein, fats, and carbohydrates.

Controlling carbohydrate consumption is essential because some carbohydrates convert almost instantly into sugars which causes the pancreas to overproduce insulin to counteract the massive rise in blood sugar. This can result in hypoglycemic attacks and even diabetic coma. If this isn't controlled, you could find yourself facing additional issues to diabetes.

Some people even find that losing weight causes such an improvement in blood sugar levels that taking medication or injecting insulin becomes completely unnecessary. Perhaps your diabetes can even disappear if you become fit and healthy. An example of this is Sean Holbrook, a contestant in the Australian Biggest Loser competition. He started out at a massive 386 lbs (174 kg) with blood sugar levels off the planet and now weighs 208 lbs (94 kg) and no diabetes. You can read [Sean's story here](#)

Nutritionists and doctors have modified their thinking that all diabetics are identical and all require the same general diet. They can't. A sensible diabetic weight loss diet these days is tailored to individual patients and promotes optimal nutrition for optimal health. Simple carbohydrates consumption is restricted and sources of protein that are high in Omega-three fatty acids are encouraged. Omega-3 fatty acids are found in abundance in fish with the best concentration found in sardines and salmon.

Diets low in fat and cholesterol and high in green leafy vegetables and high fiber foods like whole grains are very important in controlling diabetes. Fruit should be consumed in moderation because of their high natural sugar content that makes blood sugar levels spike then fall rapidly thanks to insulin overload.

Have you ever wondered why it is important to test your blood sugar levels so frequently? The reason is to receive an accurate idea of how the food you consume affect your levels particularly when attempting to lose weight. Diabetes is a serious matter, not to be taken lightly and if you are a diabetic trying to lose weight you need to be extremely careful. Take things slowly, maintain accurate records of blood sugar levels and keep a food journal, too. You can download a FREE software program with a food diary on our [Free weight loss downloads](#) page.

Get some meal plan ideas for meals and snacks by going to the [American Diabetes Association's website](#) and studying the diabetic food pyramid. You will receive accurate information about diabetes and diet on the site which will make it easy to place what you learn into practice.

With type II diabetes in epidemic proportions in the United States, Canada, UK, Australia and many other nations as a result of the obesity epidemic, following an effective diabetic weight loss diet is as vital as the diabetic medication or insulin you have been prescribed.

You can also find this article published on [Diabetic Weight Loss Diet](#), and on the tag pages [Nutrition For Weight Loss](#).