

# HUNGER PANGS

It is important to manage diabetes well in order to prevent other problems such as kidney failure and blindness from setting in. Managing your diabetes involves managing your hunger well too. Tan Jun Hui, Dietitian, National Healthcare Group Polyclinics, shows you the way to healthy substitutes.

## Regular Meals

Having regular meals is important. If you skip a particular meal, you will tend to overeat (especially carbohydrates and higher fat intake) during your next meal, for the simple reason that you are too hungry. When you overeat at a particular meal, this will affect your blood sugar control.

## Moderation

Control your carbohydrate portion at each meal – not too much, not too little.

Our sources of carbohydrates

are: rice, porridge, noodles, bread, oats, chapatti, etc. Carbohydrates digest into sugar. Excess carbohydrates intake at each meal will also directly affect the sugar level in the blood. Inadequate carbohydrate intake will make you feel hungry quickly.

## Veggie Tales

When cutting down on your carbohydrate intake during a meal, you will tend to feel hungry or not full enough. Bulk up on vegetables. Besides providing us with vitamins and minerals, vegetables are also high in fibre which can help you control your blood sugar level.

## Fat Hope

Control or limit your fat intake, especially saturated fats, as it will increase the production of bad cholesterol.

## Sweet Moments

Limit your sugar intake from refined sugars such as those found in regular soft drinks, fruit juices, cakes, chocolates, sweets, ice cream, etc. These sweet



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temptations are best avoided as they will not keep you full but will increase your sugar level.

## Snack Attack

You can snack between mealtimes when you are feeling hungry. Snacks can help you to manage your sugar level well and also prevent you from overeating at the next meal. However, if you eat a meal during your snack time or eat excessively or consume foods that are high in fats and sugars, it will certainly not help your sugar control. It will instead increase your sugar level even more.

It pays to be aware of the types and amount of snacks that you can go for. Here are some snacks which you can have between meals and the recommended amount.

Snacks	Amount/ Portion
Cream crackers	3 pieces
Bread (high fibre/wholemeal)	1 piece
Apple/ Orange/ Pear	1 small – 130g
Papaya/ Pineapple/ Watermelon/ Honeydew	1 wedge – 130g
Low fat yoghurt	1 regular tub (200g)
Low fat milk	1 cup (250ml)