YIN SHI

Sheet handed out in consultation

METABOLIC

Type 2 diabetes

Living better with it, plate after plate

Type 2 diabetes is not a life sentence: it is a condition where your everyday choices count as much as your medication. This sheet sums up what genuinely helps your blood sugar, what tires it out, and the small gestures that change everything.

IN A NUTSHELL

Your body uses the sugar you eat badly: it lets it circulate in the blood instead of storing it in the cells. It is not your fault, it is a terrain that has settled in over time. The good news: every well-built meal, every walk after eating, every kilo lost when there is weight to lose brings the numbers back down. In many recently diagnosed people, these changes are enough to bring blood sugar back to almost normal values.

THE ESSENTIALS

- Meal order changes everything: vegetables and protein first, starches last. The same meal raises your sugar less.
- A 10 to 15 minute walk after eating is the most effective and cheapest gesture: your muscles absorb the sugar directly.
- Your blood sugar loves regularity: meals at fixed times beat a perfect week followed by a weekend of excess.

WHAT HELPS YOU

Vegetables, half the plate : Filling, almost no sugar. Courgettes, spinach, tomatoes, cabbage: as much as you like.

Legumes : Lentils, chickpeas, beans: the gentlest starch for blood sugar, 3 times a week.

Wholegrains : Barley, oats, brown rice: the same portion does less damage than the white version.

Oily fish : Mackerel, sardine, herring: twice a week protects your heart.

Nuts and seeds : Walnuts, almonds: a small handful as a snack calms hunger without a sugar spike.

Vinegar and lemon : A vinaigrette starter or a dash of lemon juice softens the meal's sugar rise.

WHAT MAKES IT WORSE

Sugary drinks : Sodas, fruit juices, iced teas: the worst enemy, a sugar spike within minutes.

White starches in large quantities : White bread, white rice, overcooked pasta: portion and al dente cooking change everything.

Ultra-processed foods : Ready meals, snacks, pastries: more hidden sugar and fat than you think.

Sugar in all its forms : Honey, agave syrup, whole sugar: for your blood sugar, it is the same sugar.

Skipped meals : Especially on medication: a skipped meal can cause hypoglycaemia.

Daily frying : Frying adds fats your body handles badly; oven, steam and pan do the same job.

DAY TO DAY

The habits that make all the difference

1 Walk 10 minutes after dinner

Gesture number one: your muscles eat the meal's sugar in your place.

2 Build the plate

Half vegetables, quarter protein, quarter wholegrain starch: the picture to keep in mind.

3 Swap juice for whole fruit

A whole apple fills you up and rises less than its juice.

4 Start with the vinaigrette

A dressed salad as a starter prepares your body for the meal that follows.

5 Keep regular hours

Same times, same portions: your blood sugar loves routine.

This sheet supports your work with your practitioner and does not replace your medical follow-up. Never change your medication without your doctor: lowering the sugar from your meals can make your medication too strong. Also mention these signs: unusual tiredness, very intense thirst, a wound that will not heal, blurred vision, dizziness with cold sweats.

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