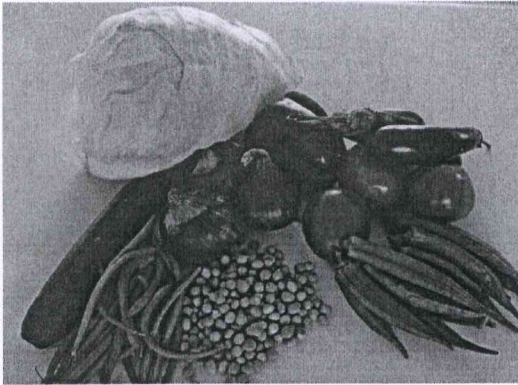


Other vegetables



5. Fats should provide < 30% of energy. Liquid cooking oil is highly preferred such as Elianto or olive oil the amount used for cooking should be in small quantities.

Deep fried foods such as French fries, sausages, smokies containing lots of fat should be avoided.

6. Adequate amount of water should be taken about 2.4 liters of water per day for proper digestion, hydration, flushing out toxins and temperature regulation.

7. Five meal pattern should be adopted. This includes breakfast, morning snack, lunch, evening snack and supper. To ensure constant blood sugar level throughout the day.

EXERCISE AND PHYSICAL ACTIVITY

Exercise and physical activity is an important component in diabetes management. All patients should have individualized exercise and physical activity plan. This helps to improve insulin resistance and lipid profile, lower blood pressure, protect against the development of Type II diabetes and maintain appropriate body weight.

HYPERTENSION DIET MANAGMENT

Usually hypertension is defined as blood pressure above 140/90, and is considered severe if the pressure is above 180/120. Uncontrolled hypertension can affect various body organs and can lead to impaired vision, kidney failure, stroke, paralysis, heart attack and brain damage. Risk factors include; diet, race, stress, age, diabetes, obesity, smoking, atherosclerosis and heredity among others.

Implications

- Strained cardiac and vascular function
- Cellular electrolyte imbalance
- Aneurysms (balloon out and busting of the arteries)
- Arterial lining injuries which accelerates the plaque formation

[Handwritten signature]
24/1/2020