



*Diet remedies for*  
**Diabetes Mellitus**

Your Guide to Diabetes Mellitus



# Diet Remedies for Diabetes Mellitus

- \* Methi Seed Water – soaked fenugreek seeds can be included alongside a balanced diet; they may modestly support glucose control.*
- \* Cinnamon Water – an unsweetened option that may have a small effect on blood sugar in some people.*
- \* Amla – provides vitamin C, fibre and antioxidants.*
- \* Chia Seed Water – fibre can help slow carbohydrate absorption when included with meals.*



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- \* Bitter Gourd (Karela) – traditionally used for blood-sugar support, though it should not replace diabetes medication.*
- \* Curry Leaves – a nutritious addition to meals; evidence for directly lowering glucose is limited.*
- \* Soaked Almonds + Walnuts – healthy fats and protein can help make meals more balanced.*
- \* Flaxseed Powder – provides fibre and healthy fats and may support metabolic health.*



# Diet Remedies for Diabetes Mellitus

*\* Isabgol (Psyllium Husk) – soluble fibre may help with post-meal glucose control; take with plenty of water and separate it from medicines.*

*\* High-Protein, High-Fibre Breakfast – eggs, paneer, dal, sprouts or unsweetened yogurt can help reduce large glucose spikes.*

*Important: These are supportive dietary measures, not substitutes for diabetes medicines. If someone uses insulin or glucose-lowering medication, remedies such as fenugreek or bitter gourd can contribute to low blood sugar, so glucose should be monitored.*





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