

Fruits as a key medicine towards fighting diabetes type 2

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Diabetes Type 2 is a chronic disease that occurs when the body cannot effectively use the insulin it produces. Diabetes is among the top cause of disability and mortality around the globe. Diabetes and other non-communicable diseases hinder the implementation of sustainable development goals in low income countries.

Prevention of diabetes type 2: Avoid consuming junk food since they lack nutritional value to our body diet change to focus on greens rather than processed foods that contain high rates of fats.

Engage ourselves in active physical activities for example jogging, running and walking which helps in controlling our body weight.

Avoid tobacco use to reduce the risk of contracting other non-communicable diseases best medicine towards treatment of diabetes type 2 the globe cable diseases.

Fruits are should focus on the vitamins and important contents in the fruits to use as medicine.

Examples of fruits that prevent diabetes:

- Apples
- Blue barriers
- Bananas
- Oranges
- Mangoes
- Avocados
- Melon
- Thorn melons

Roles of health promotion in the prevention of diabetes type 2 in Kenya:

- Carry out research on the best ways of preventing diabetes among the public.
- Health education on proper diet and behavior change among the members of the community to prevent diabetes.

Joint Event

32nd European Diabetes Congress

16th International Conference on

Childhood Obesity & Nutrition

February 22-23, 2023

Webinar

- Implementation health promotion strategies to improve the living standards of community members.
- Monitoring and evaluation of health projects such diabetes projects.
- Advice diabetic patients' on insulin injection and medication to prevent severity of the disease.
- Carry out social mobilization campaign to create awareness on prevention of diabetes.

Biography

Maxwel Aneyia is affiliated to the Kenya Medical Training College, Kenya.

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