Management of NCDs like diabetes and high blood pressure is as simple as ABCDEF! (but demands consistency)

A. Always keep your blood sugar level under control. (Control means-
   Pre-meal 80-130 mg/dl., PP/RBS <180 mg/dl, HbA1C <7%)

B. Keep your Blood Pressure under control. Control means- BP
   <140/90 mm of Hg),
   BP <130/80 mm of Hg (Younger population, if achieved without
   undue treatment burden)

C. Get Screened for Common Cancers and check for sign and symptoms
   common cancers
   Cervical Cancer, Breast Cancer, Mouth Cancer

D. Diet must be healthy and balanced with more of fibre through;
   1. colourful fresh seasonal vegetables and fruits, Whole pulses like
      Moong sabut, Chana, Rajma, lobia etc and cereals like Wheat, Rice,
      Maize, Bajra, Jowar, Ragi etc.
   2. Minimal use of healthy fats and oils like combination of mustard oil and
      refined vegetable oil like safflower or soyabean or rice bran oil.
      Restrict fats that are solid at room temperature like desi ghee,
      butter, malai. Avoid vanaspathi.
   3. Take no more than 1 tsp. of salt in a day. Say No to 3Ps- Pickle,
      Papad, Pakora
   4. Say No to: sweets, mithais, desserts, junk foods, preserved food,
      fried foods, alcohol and tobacco in any form (smoke,
      chewable etc.)

E. Exercise regularly. Do moderate intensity 30-45 minutes of physical
   activity atleast 5 days a week like brisk walk, jogging, Cycling etc.

F. Follow your doctor’s advise always. Treatment adherence and regular visits
   to doctor are key to proper management