



Patient-220

Patient-220 went to Sunrise Hospital. Patient was left in a noisy hallway on a gurney. Employees were yelling and laughing so patients could not sleep. They gave her food that was not safe for a diabetic patient. She had to starve or take insulin. Sunrise Hospital should know better!!

I was kept on a gurney overnight in the hall.

It was SOOOO LOUD. No way any of us could sleep.

The employees should know better than to be yelling and laughing at each other in the middle of the night like that. So rude!!

Plus no one wanted to help anyone get up to go to the restroom.

I was shocked at their disgusting attitudes!! I would never want to go to Sunrise Hospital again!!

Also, I am diabetic.

All the food they gave me was regular food -- big rolls, sandwiches on regular bread, chocolate cake, etc. Nothing was for a diabetic patient!!

I had to starve or take insulin!!

Sunrise Hospital should know better than that!!



TYPE 2 DIABETES DIET:

The best types of diet for diabetes, superfoods and more

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Just say NO to Sunrise Hospital

Type-2 Diabetes Diet

Eating to control or reverse diabetes is much more about making smart food choices than it is of denial and deprivation. In reality, **a diabetes focused diet** is nothing more than a nutritionally balanced meal plan to maintain blood sugar levels within a healthy range and support a healthy weight.

Whether you have **prediabetes** or have been diagnosed with type 2 diabetes, these eating strategies can help you control your blood sugar levels, achieve optimal weight, and reduce your risk of developing other health complications.

Choose Carbs that don't spike blood sugar. Every food product has a different carbohydrate level, making it challenging to eat wisely with diabetes. As a rule, you should choose carbs that have the lowest impact on your blood sugar. That means selecting foods high in fiber and low in sugar as these are absorbed more gradually and have minimal effect on blood sugar levels.

A good quality diabetes diet includes:

- Vegetables and fruits that have a low glycemic index.
- Proteins such as beans, nuts, seeds, and tofu
- Plant-based fats such as avocado and olive oil
- Whole grains like brown rice, quinoa, and oats,
- High-fiber foods such as dried beans, peas, and lentils
- Fresh fruits like berries, apples, pears, and oranges

Foods that contain sugar and high fructose corn syrup have little nutritional value. They will cause your blood sugar to soar and should be consumed only occasionally, if at all, and only in minimal amounts.

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