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01/12/2025 — DR. SARANG BARBIND 0 COMMENTS GENERAL MEDICINE

10 Tips to Control Blood Sugar (Diabetes) Levels in Winter

Winter is a pleasant and comfortable season, but for people with diabetes, it can bring some extra challenges. Cold weather, low physical activity, and a higher risk of infections can change blood sugar levels. That is why controlling blood sugar levels in winter becomes very important.

General Physician **Dr. Sarang Barbind** from **Leela Superspeciality Hospital, Wakad** says that with a few simple lifestyle habits, diabetic patients can easily manage their condition. These easy winter diabetes tips will help you control your blood sugar levels, prevent complications, and enjoy the season safely.






- **Check Your Blood Sugar Regularly:** Cold weather can affect blood circulation and may cause sudden changes in sugar levels. To [control blood sugar](#) levels in winter, check your sugar readings more often. Do not skip meals as it can lead to low sugar. Eat on time and prefer healthy snacks like nuts, fruits and seeds instead of sweets.
- **Stay Active – Indoors or Outdoors:** In the winter season we often feel lazy, but staying active is important for diabetes control. Do simple indoor exercises like yoga, stretching or home workouts. If going outside, wear proper warm clothes and shoes. Staying active helps control blood sugar levels in winter.
- **Drink Enough Water:** We don't feel thirsty in winter, but the body still needs hydration. Low water intake can increase sugar levels. Drink warm water, soups or herbal teas. Avoid sugary drinks as they raise blood glucose quickly.
- **Take Care of Your Skin and Feet:** Cold air can dry your skin and cause cracks. Use moisturiser daily to avoid dryness. Diabetic patients must check their feet regularly for cuts or blisters. Wear warm socks and comfortable shoes to avoid injuries, especially if you have numbness.
- **Eat Foods That Improve Immunity:** Winter increases the chance of [infections](#), which can disturb diabetes control in winter season. Eat immunity-boosting foods like oranges, lemons, leafy greens, nuts and seeds. Avoid packaged and oily foods.
- **Manage Stress During Festivals:** Winter also includes many festivals and family gatherings. Stress can increase blood sugar. Practice deep breathing, meditation or listen to music to stay calm. Plan your daily routine in advance to avoid pressure.
- **Keep Yourself Warm:** Keeping warm is an important part of diabetes care in winter. Wear jackets, gloves, scarves and caps when going outside. Use heaters safely and avoid placing them directly on the skin if you have reduced sensation due to diabetes.
- **Be Ready for Emergencies:** Winter may cause delays in travel or medicine supply. Keep an emergency kit with necessary medicines, glucose monitor and healthy snacks. Store your medicines properly—do not let them freeze or get exposed to very low temperatures.
- **Regular Doctor Check-ups and Flu Vaccine:** Visit your doctor for regular diabetes check-ups to maintain stable sugar levels. Taking the [flu vaccine](#) helps protect you from winter infections. Routine monitoring supports better diabetes control in the winter season.
- **Follow Good Sleep Habits:** Good sleep is important for controlling blood sugar levels. Poor sleep increases insulin resistance and raises sugar levels. Sleep on time, avoid heavy meals at night and limit tea or coffee before bedtime.

Conclusion:

Winter can make diabetes control a little difficult, but with the right habits you can stay fit and active. Checking your sugar levels regularly, staying hydrated, eating healthy food, keeping yourself warm and taking medicines on time will help you control blood sugar levels in winter.

According to [Dr. Sarang Barbind](#) from **Leela Superspeciality Hospital, Wakad**, small daily steps can prevent complications and help you enjoy a safe and comfortable winter season.

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