

- In essence, my sadya totaled roughly 765-875 kcal.**

At 45 years, with a BMI of 25, no underlying health concerns but a strong familial predisposition to diabetes, I am vigilant over my glycemic health. This experiment demonstrates that with informed choices, one can enjoy the traditional sadya in a relatively health-conscious manner without causing significant spikes in glucose levels. However, I must stress that these observations are personal and might not be representative for everyone, especially those diagnosed with diabetes or prediabetes. It is essential to seek advice from a medical professional before making significant dietary alterations, especially if you have pre-existing health conditions.

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