

'Diabetic' Foods

Have no special benefit, and are not recommended. They may be high in fat and calories and some can cause diarrhoea.

Remember to enjoy your food, and try to work towards regular meals which are well balanced with plenty of variety!

Sugar

You do not need to follow a sugar free diet however, limiting foods high in sugar can help you to manage your diabetes.

Drinks containing sugar can raise your blood glucose levels quickly, it's worth choosing sugar free or diet fizzy drinks and squashes.

Artificial sweeteners can be useful for people with diabetes, especially if you are trying to lose weight. Try to vary the type and avoid excess amounts.

Fat

All types of fat are very high in calories and eating less can help you if you want to lose weight.

Saturated fat is linked to heart disease and is often found in butter, fatty meats, pastry and high fat dairy foods.

Unsaturated fat is a better choice especially **monounsaturated fat** found in olive oil, rapeseed oil and spreads made from these.

Oily fish

Such as mackerel, sardines, salmon, trout and herring are all good sources of omega 3 fats and can help to keep your heart healthy if included in your diet. **1-2 portions per week.**

Salt

Processed foods are high in salt so you may want to try using more fresh food. Also try not adding extra salt at the table, as too much salt can raise your blood pressure.

Eat less than 6g per day.

Where can I find out more?

Ask to be referred to see a dietitian to discuss your food choices

Ask your GP or Practice Nurse about local diabetes education programs.

Other health professionals such as your doctor, practice nurse or diabetes specialist nurse can offer you advice.

USEFUL WEBSITES

<http://www.diabetes.org.uk/>

Diabetes UK is the largest organisation in the UK working for people with diabetes. The website has lots of information about food and eating and great recipe ideas.

<http://www.bdaweightwise.com/>

This website is a good place to look if you are thinking of trying to lose weight.

You can often use the internet at your local library and some community centers.

Your local library may also have a health information section.

Food Choices and diabetes



***If you are keen to lose weight remember that snacks between meals will give you extra calories.
Fruit is a good low calorie snack!***



Making healthy food choices when you have diabetes will help you to control your

- blood glucose (sugar) levels
- blood fats (cholesterol and triglycerides)
- blood pressure

This will help to protect against long term damage to the eyes, kidneys, nerves, heart and arteries.

Changing your lifestyle can be difficult so take it one step at a time and try to remember even small changes can make a real difference.

If you are overweight working towards a healthy lifestyle will help you to lose weight. This can give you lots of health benefits and improve well bring.

Think of the benefits you could get from a healthy lifestyle.

Eat regularly

Regular meals which include 'starchy' carbohydrate can help to keep your blood glucose levels stable.

Starchy foods include:

Bread, potatoes, rice, pasta, chapatti, cereals, yam, noodles and cassava.

Think about your portion size?

The amount of carbohydrate you eat can affect your weight and your blood glucose levels. A dietitian will help you to learn more about portion size.

Low Glycaemic Index (GI)

Grainy bread, porridge oats, beans, pulses, sweet potatoes and yams can help you to feel full for longer and reduce rapid rises and falls in blood glucose levels because they have a low glycaemic index.

Example Meal Plan

- Breakfast** Cereal with milk **and/or** toast and a portion of fruit.
- Snack meal** Bread or potato or rice or pasta with lean meat or chicken or fish or eggs or beans. Served with plenty of salad **or vegetables and** followed by fruit and/or light yoghurt.
- Main meal** Bread or potato or rice or pasta with lean meat or chicken or fish or eggs or beans. Served with plenty of salad **or vegetables and** followed by fruit and/or light yoghurt.

Some people may require a snack before going to bed. Please ask for advice from your health professional if you are unsure.

The right balance

Eating a good variety of foods will ensure you get all the nutrition you need to stay healthy.



Fruit and vegetables (aim for at least 5 portions a day)

Eating a wide range of fruit and vegetables will give plenty of vitamins and fibre. It can also help to protect you from heart disease, strokes and some cancers. Try to spread fruit portions out over the day, as eating a number of portions together will raise blood glucose levels.

One portion =

- 1 medium fruit – apple, orange, banana
- 2 small fruits – plums, satsumas
- 1 slice of a large fruit – melon, pineapple
- 1 handful of grapes or berries
- A small glass (150ml) of pure fruit juice
- 1 tablespoon dried fruit
- 2-3 tablespoons of cooked vegetables
- A small bowl of mixed salad