

A quick guide to eating less sugar

Avoid these foods high in sugar	Try these more suitable alternatives
Sugar	Candarel, Hermesetas, Sweetex
Squashes and pure fruit juice	Sugar-free squashes
Fizzy drinks, glucose drinks, sports drinks and Lucozade	Diet, slimline or one-cal drinks
Fruit yoghurts, low fat yoghurts	Diet or healthy eating yoghurts
Tinned fruit in syrup	Tinned fruit in juice
Jam, marmalade, honey, lemon curd	Reduced-sugar jams and marmalades. Pure fruit spreads
Chocolate biscuits, cream biscuits, iced biscuits	*Plain biscuits and biscuits containing oats or dried fruit
Sweet puddings	Sugar-free jelly, fresh fruit, sugar-free stewed fruit, *sugar-free milk puddings
Cakes	*Scones, *malt bread, current loaf, teacakes
Drinking chocolate or malted milk drinks	Low calorie chocolate drinks e.g Options, Highlights, Duos
Sugar-coated breakfast cereals	High fibre cereals, e.g Weetabix, Shredded Wheat, porridge, All Bran
Sweets and chocolates, diabetic sweets and chocolates	Sugar-free mints and sugar-free chewing gum. Follow manufacturers' guideline on safe amounts to eat.

Diabetes UK do not recommend any 'diabetic products/foods'

* may not be suitable if you have been advised to lose weight.

THE BASIS OF A GOOD DIET

- Eating regular meals
- Including starchy food at every mealtime
- Limit the amount of sugar and sugary foods eaten.

It is very important to follow these basic guidelines before further changes can be made to your diet.

- Do not try to completely change your diet overnight
- Make small changes until they become part of your normal routine.

This is an introductory leaflet.

Food and diabetes

First steps to a healthy diet



The following three guidelines can be used by anyone who has diabetes, as the basis for a lifelong healthy diet.

Eating a healthy diet will help you to control the level of sugar in your blood.

The diet recommended for diabetes is the same healthy diet recommended for the whole population.

Eat regular meals

This means eating breakfast, a midday meal and an evening meal every day. If you are treated by insulin or any tablet other than Metformin, you may need a bedtime snack in addition to your three meals. If you are unsure check with a dietitian or diabetes specialist nurse.

Try not to miss meals however busy you are

Include starchy food at every meal time

Pasta, bread, cereals, porridge, rice, pulses, potatoes and chapattis are all starchy foods.

The best way of achieving normal blood sugar levels is to include some starchy food at every mealtime. As a rough guide, about half the food on your plate at each meal should be made up of starchy food.

Starchy foods are healthy, low fat foods. They are not fattening foods as many people believe.

Aim to eat roughly the same amount of starchy food at each mealtime every day.

Limit the amount of sugar and sugary foods eaten

Do not add sugar to tea or coffee.

Artificial sweeteners may be used as an alternative.

Avoid sugary drinks such as fizzy drinks and cordials. Drinks containing sugar will increase the blood sugar level quickly and upset blood sugar control.

It is impossible to completely avoid sugar. Try to avoid foods containing large amounts of sugar. The table (overleaf) gives you an idea of low-sugar or sugar-free alternatives available.



After you have established a regular pattern of eating, by using the three main guidelines, you may be able to improve your diet further in one or more of the following easy steps:

- Eat less fat and fatty food
- Choose foods containing fibre
- Eat 5 portions of fruit and vegetables every day
- Reduce the amount of salt eaten
- Drink sensible amounts of alcohol (if you drink).
- Learn about the Glycaemic Index (GI) of foods. Contact your dietitian for more information on this

Make small changes only at first. Try to think of each change you make as part of your normal routine.

This is an introductory leaflet only. More advice is available if you ask for it