

For more information on Diabetes, contact:

Diabetes UK
10 Queen Anne Street
London W1M 0BD

Tel: 0207 323 1531

Leaflet produced by:



Carmarthenshire NHS TRUST
YMDDIRIEDOLAETH GIG Sir Gaerfyrddin

Department of Nutrition & Dietetics, Carmarthenshire NHS Trust
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Telephone No: 01554 783061 (Prince Philip Hospital)
01267 227067 (West Wales General Hospital)

Healthy Eating with Diabetes

- An Introduction



This leaflet is available in Welsh

Department of Nutrition & Dietetics, Carmarthenshire NHS Trust
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Sample Menu

Breakfast:

Fruit or unsweetened fruit juice
Wholegrain cereal with low fat milk
And /Or
Wholemeal toast with low fat spread

Light Meal:

Wholemeal or granary bread/wholegrain crackers/baked potato
Lean meat/fish/egg or low fat cheese
Plenty of mixed salad/vegetables
Fruit or no added sugar yoghurt

Main Meal:

Lean meat/fish/pulses
Potatoes/rice/pasta
Large serving of vegetables or salad
Sugar free dessert or fruit

Between Meals:

Fruit or plain biscuit (if hungry)

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ALSO:

Try and take oily fish twice per week (eg salmon, pilchards, sardines, mackerel, herrings, kippers etc) – these help to protect your heart.

Take care not to use too much salt (it has been linked to increased blood pressure).

AND:

Exercise is good for you – in particular, walking or swimming, etc. Please consult your GP before embarking on a new fitness regimen and *always* start slowly and increase the exercise gradually.

- ❑ If you have diabetes, healthy eating is part of your treatment.
- ❑ Healthy eating for diabetes is healthy eating for people without diabetes – ie it is not a special ‘diet’.
- ❑ The advice in this leaflet will help you plan your diet until you see a dietitian who will provide further advice, tailored to your individual dietary needs.

What To Do:

- Do have regular meals
- Do have a starchy food at each meal ie bread, cereal, potatoes, rice, pasta etc
- Eat more high fibre foods eg whole grain bread and cereals and daily fruit and vegetables
- Cut down on sugar by swapping high sugar foods for low sugar ones (see over)
- Cut down on fried and fatty foods ie use low fat or fat high in monounsaturated fat spreads eg olive oil spreads, Flora Vitalight, Utterly Butterly. Choose lean meat, low fat dairy products in moderation.
- Do NOT buy special ‘Diabetic’ products
- Work towards being a healthy weight

Sugary foods/Drinks to AVOID	Suitable alternatives
Sugar, Sucrose, Glucose, Fructose, Dextrose Glucose syrup. 'Diabetic' sweeteners with Sorbitol or other Polyols. Sweeteners with some sugars added eg Hermesetas Sprinkle Sweet, Boots Sugarlite, Sucron.	Artificial sweeteners made with Aspartame, Saccharin or Acesulfame K. Tablets, liquid, powder or granulated eg Canderel, Flix, Hermesetas, Natrena, Sweetex.
Ordinary fizzy drinks, squashes and cordials eg Cola, lemonade, Lucozade, barley water. Sweetened fruit juices.	Diet, slimline or one calorie fizzy drinks. Sugar free / No added sugar squash. Only a small glass of pure fruit juice with a meal .
All sweet biscuits eg with syrup, sucrose, chocolate, cream etc.	Plain biscuit eg Digestive, Hob Nobs, Hovis, Marie, Rich Tea, Morning Coffee, Garibaldi, savoury crackers or oatcakes, occasionally.
Cakes and sweet pastries	Only occasionally especially if you are overweight : Wholemeal scone, teacake, bara briith, malt loaf or teabread, crumpet or muffin. Home-made low sugar wholemeal cake.
Chocolates, sweets, mints, toffees including 'Diabetic' chocolates etc.	Sugar free mints or chewing gum. Opt for fresh fruit, crispbread or crackers instead.
Ordinary and 'Diabetic' jam / marmalade.	A little pure fruit, reduced sugar jam or marmalade.
Honey, syrup, treacle, lemon curd.	Try savoury spreads eg a little peanut butter, Marmite or low fat cheese spread on toast or crackers.

Sugary foods/drinks to AVOID	Suitable alternatives
Honey coated or sugary breakfast cereals eg Frosties, Sugar Puffs, Crunchy Nut Cornflakes.	Wholegrain / high fibre cereals eg Shredded Wheat, porridge, Weetabix, Branflakes, Weetaflakes etc.
Tinned fruit in syrup.	Tinned fruit in natural juice or fresh or stewed fruit with artificial sweetener added at the table.
Ordinary jelly.	Sugar free jelly powder or ready made in individual pots.
Tins and packets of sweetened puddings eg rice pudding, custard, instant whip.	Tinned low fat, low sugar rice pudding or custard. Sugar free mousse or Angel Delight.
Fruit yoghurt/fromage frais with added sugar.	Diet – low fat and low sugar yoghurt, No added sugar natural yoghurt. Diet fromage frais.
Condensed milk.	Semi-skimmed or skimmed milk.
Ordinary drinking chocolate, malted milk drinks, milkshakes.	Cocoa made with low fat milk and artificial sweetener. Ovaltine Options, Cadbury's Highlights, Nescafé unsweetened cappuccino.
'Diabetic' biscuits, cakes, sweets, chocolates.	These are high in fat and calories . They are expensive and may even cause stomach upsets. Best avoided altogether .
Alcohol to avoid: sweet cider, sweet sherry, sweet wines, liqueurs, Pils lager, low alcohol beers.	*Ordinary beer, lager, spirits, medium / dry wines or dry cider. Sugar free cola / lemonade, or slimline mixers.

**Try to keep to 1-2 units for women/2-3 for men at the most per evening (1unit = ½ pint ordinary beer, larger; 125 ml glass wine; or one pub measure of spirits) with 1-2 alcohol free day(s) per week. Binge drinking is discouraged.*

All alcohol contains calories, so limit alcohol especially if you are overweight.

Consult your GP in case of interaction between medication and alcohol.