An Introduction to...
Healthy Eating and Diabetes

This plate model shows recommended proportions of foods when planning your meals.
What you eat affects your diabetes, so it is important to follow a healthy diet. Following the advice in this leaflet will help you to do this.

**Regular Meals**
Eating regular meals, breakfast, lunch and evening meal, will help control your blood sugar levels.

**Starchy Foods**
Meals should be based around starchy foods such as: bread, rice, pasta, potatoes, chapatti/roti, breakfast cereals. Whenever possible choose high fibre varieties such as granary breads and oats.

**Vegetables, Salad & Fruit**
Eat more from this group. Aim for at least 2 servings of vegetables and 3 fruit a day. Try to spread these out across the day. Limit fruit juice to 1 glass a day.

**Sugar and Sugary Foods**
Cut down on sugar and sugary foods (including honey). Replace ordinary puddings, yogurts and drinks with low sugar alternatives, these are available from supermarkets. Artificial sweeteners may be used in drinks and cooking (NutraSweet, Aspartame, Acesulfame K).

Remember that some foods contain hidden sources of fats and sugars e.g. biscuits and cakes.
Butter, Oil & Margarine

Cut down on the amount of fats that you use in cooking and use spreads and oils sparingly. Look for fats that are “high in monounsaturates” – these oils have been shown to be beneficial for your heart.

Dairy

Choose skimmed or semi-skimmed milk and low fat/low calorie yogurts. Look for low or reduced fat cheese and cheese spreads e.g. edam, half fat cheddar.

Meat, Fish and Alternatives

Choose lean cuts of meat and include some lower fat non-meat alternatives such as beans and lentils.

Salt

Try to avoid adding salt at the table and use only a little in cooking as salt can contribute to high blood pressure. Herbs, spices and lemon juice are a tasty alternative.

Alcohol

The maximum recommended daily intake of alcohol is 3 units a day for men or 2 units a day for women.

1 unit of alcohol = 1 glass of wine or 1/2 pint of beer/cider or 1 pub measure of spirits/liqueur

Remember never drink alcohol on an empty stomach. If you are on medication – check with your doctor before drinking alcohol.
Weight Control

Aim for a healthy weight. If you are overweight, losing weight can help to reduce your blood sugar level. Eating less fat and sugar and drinking less alcohol will help achieve this.

Activity

Activity can help to control weight, reduce your blood sugar levels, blood pressure and stress levels. Aim for half an hour a day. Swimming, walking and gardening are great.

Seen a Dietitian?

If you have not been referred to a State Registered Dietitian please speak to your G.P. or practice nurse.

Diabetes UK 020 7424 1030

For further information on anything to do with diabetes, join Diabetes UK (The British Diabetic Association) for the support of the leading national charity for people with diabetes. You receive copies of Balance magazine which is packed with news, advice and recipes. Members can contact Careline for free and confidential advice on all areas of diabetes.

Local Contact:

NHS