**Introduction**

This leaflet will give you the first steps to balancing your diet when you are diagnosed with diabetes. Although food choice and eating habits are important in helping you manage your diabetes, you should be able to continue enjoying a wide variety of different foods as part of healthy eating.

Try being more active too, as this will not only help control your weight and your diabetes, but will also reduce risk of heart disease, high blood pressure and stroke.

If you are overweight, losing weight will help you control your diabetes. You should aim to lose weight slowly over time rather than drastic dieting. Even if you don’t manage to get to your ideal weight, losing a small amount and keeping it off will help you.

Following the steps in this leaflet will help you control your blood glucose levels and blood fats as well as regulate your weight.

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**Six steps to eating a healthy diet**

1. **Eat regular meals** based on starchy foods such as bread, pasta, chapatis, potatoes, rice and cereals. This will help you control your blood glucose levels. Choose high fibre varieties of these foods like wholemeal bread and wholewheat cereals.

2. **Try to cut down on the fat** you eat, particularly saturated animal fats as this type of fat is linked to heart disease. Eating less fat and fatty foods will also help you lose weight. Choose low fat dairy foods like skimmed milk and low fat yogurt. Grill, steam or oven bake rather than frying food.

3. **Eat more fruit and vegetables** – aim for at least five portions a day to provide you with vitamins and fibre as well as to help balance your overall diet.

4. **Cut down on sugar and sugary foods**. This does not mean you need to try to eat a sugar-free diet. Use diet, low sugar or sugar-free squashes and fizzy drinks as sugary drinks cause blood glucose levels to rise quickly.

5. **Use less salt**. Try flavouring foods with herbs and spices rather than adding salt.

6. **Drink alcohol in moderation only** - that’s two units of alcohol a day for a woman and three units a day for a man. Remember never drink on an empty stomach as alcohol can increase the likelihood of hypoglycaemia (low blood glucose levels).

And never drink and drive.

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**Diabetes UK recommends that everyone with diabetes should see a state registered dietitian at diagnosis for specific advice on their diet based on their individual needs. After diagnosis, you should continue to have regular reviews of your diet.**
Recipes
These simple recipes illustrate how you can adapt your usual cooking to be more in line with healthy eating recommendations by reducing fat, salt and sugar. Diabetes doesn’t mean compromising on the variety of foods in your meals, but it does mean thinking carefully about your food choices. Serving suggestions have been given to show how you can balance your meals.

Pasta and bean soup
1 teaspoon olive oil
1 small onion, chopped
1 clove garlic, crushed
1 stick celery, finely chopped
1 small carrot, finely chopped
1 x 227g can chopped tomatoes
pinch dried mixed herbs
450ml/¾ pint vegetable stock
1 x 400g can mixed pulses, drained and rinsed
50g/1¾ oz small pasta shapes
salt and freshly ground black pepper

Diabetes UK
Join Diabetes UK
Membership of Diabetes UK gives you:
- A bi-monthly members magazine, Balance, packed with news and information
- A wide range of booklets designed to give you the information you need to lead a full and healthy life
- Diabetes UK Careline for confidential support and information
  Tel: 020 7424 1030 (operates an interpreting service)
  Textphone: 020 7424 1031 (for the hard of hearing or deaf)
  Monday-Friday, 9am-5pm
- Over 400 Diabetes UK groups across the country who offer support and a chance to meet other local people with diabetes
- Diabetes UK Services insurance and financial products designed to meet the needs of people with diabetes
- The opportunity to help yourself and others with diabetes in the UK.

To become a member of Diabetes UK simply complete the attached form and send it to:

Diabetes UK, Freepost NH2604, Northampton NN3 6BR.

Registered charity no. 215199
Direct Debit Guarantee

- This guarantee is offered by all banks and building societies that take part in the Direct Debit scheme.
- The efficiency and security of the scheme is monitored and protected by your own bank or building society.
- If the amounts to be paid or the payment dates change, Diabetes UK will notify you 10 working days in advance of your account being debited or as otherwise agreed.
- If an error is made by Diabetes UK or your bank/building society, you are guaranteed a full and immediate refund from your branch of the amount paid.
- You can cancel a Direct Debit at any time, by writing to your bank or building society. Please send a copy of your letter to Diabetes UK.

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The charity for people with diabetes
10 Parkway, London NW1 7AA
Telephone 020 7424 1000 Fax 020 7424 1001
Email info@diabetes.org.uk
Website www.diabetes.org.uk
Registered charity no. 215199

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ABOUT YOU

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* Date of birth must be given for Child members

Any medical information you provide will be used to help target our services and correspondence to your needs. By answering the following questions, you are giving your consent for this information to be used for these purposes.

- I have Type 1 diabetes
- I have Type 2 diabetes
- I have diabetes but am unsure which type
- I do not have diabetes

Year of diagnosis (if applicable) YYYY

Please tick here if you wish us to pass your details to your local Diabetes UK voluntary group.

Diabetes UK takes data protection seriously. We promise we will not pass your details on to other organisations. If you do not wish to receive further mailings from Diabetes UK about our work and that of our trading company, please tick box.

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YOUR MEMBERSHIP

Please tick the box indicating the membership you require:

- Full rate £19/year by Direct Debit
- Adult £20/year by other method
- Reduced rate £8/year by Direct Debit
- Family £9/year by other method

Reduced rate is offered where the person paying for the membership (parent or guardian if Child) is:

- dependent on state pension
- dependent on state benefit / in full time education

- Adult
- Child

* Diabetes UK is able to offer the first year of Child membership at no charge. Child membership is available to those aged under 18 (UK and overseas).

- Overseas £34/year by Direct Debit
- Life £35/year by other method
- Pensioner £250 one-off contribution
- I am dependent on state pension

Please tick if you are visually impaired and would like to receive our magazine, Balance, on tape.
2 tablespoons fresh parsley, chopped
1 teaspoon horseradish sauce

To make the fishcakes, simply combine all the ingredients in a large bowl and season well. Form into six patties using floured hands, then chill for at least 15 minutes. Brush the fishcakes with a little oil then grill for 3-4 minutes on each side, until golden.

Make the tartar sauce by combining all the ingredients then serve with the fishcakes. Serve with some starchy carbohydrate food such as potato wedges or a jacket potato and plenty of vegetables or salad. The fishcakes are suitable for freezing before cooking. Serves 3

Nutrition tip
Oily fish such as salmon, mackerel, sardines, tuna and trout contain omega-3 fats which can be protective against heart disease. Try to eat at least 2 portions of fish each week, one portion of which should be oily fish.

Bread and butter pudding

1/2 French stick cut into slices 2.5cm/1inch thick
25g/1oz butter, softened
50g/1 1/4oz ready-to-eat dried apricots, chopped
2 eating apples, cored and chopped
1 teaspoon ground cinnamon
2 eggs, beaten
300ml/½ pint skimmed milk
1 teaspoon vanilla essence

Preheat the oven to 180°C/350°F/gas mark 4.

Lightly butter the bread on each side. Layer half of the bread in an oven-proof dish. Arrange the apricots and apples over the bread and sprinkle over half of the cinnamon. Layer over the remaining bread. Mix together the remaining ingredients then pour over the bread, leave to rest for 10 minutes, then cook for 25-30 minutes until golden and set.

Nutrition tip
A combination of fresh and dried fruit in this recipe provides sweetness and also adds fibre. Serves 4