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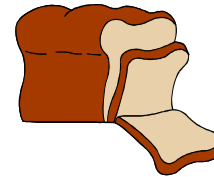
- **Freephone 0800 389 7671**
- E-mail [PALS@wiltshire-pct.nhs](mailto:PALS@wiltshire-pct.nhs).
- Or write to PALS Wiltshire Primary Care Trust Southgate House, Devizes Wiltshire SN10 5EQ

This booklet is available in large print, Braille or can be translated into another language on request from the PALS office

DMG 01/07

Rv 01/09

# Healthy Eating And Diabetes



Wiltshire **NHS**

Primary Care Trust

**Nutrition and Dietetic Services**

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## ➤ What is Diabetes

Diabetes is a condition when the body is unable to control the amount of glucose (sugar) in the blood.

Glucose is produced from the breakdown of carbohydrate foods that we eat. Insulin is then released from the pancreas and allows the glucose to enter the liver and muscles so the body can use it as energy.

In diabetes, the body does not produce enough insulin and/or the insulin that is produced does not work effectively.

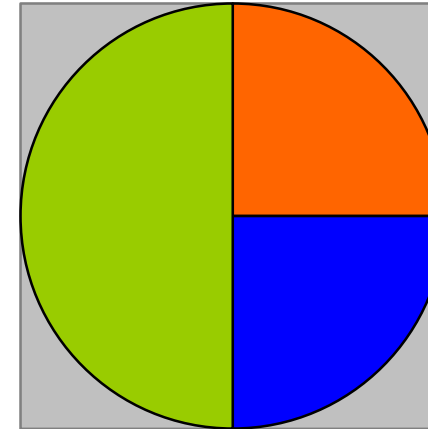
## ➤ How can I help manage my own Diabetes

For most people, lifestyle changes, such as healthy eating and regular activity, can help to improve your diabetes control. People with diabetes are advised to follow the same healthy guidelines that are recommended for everyone.



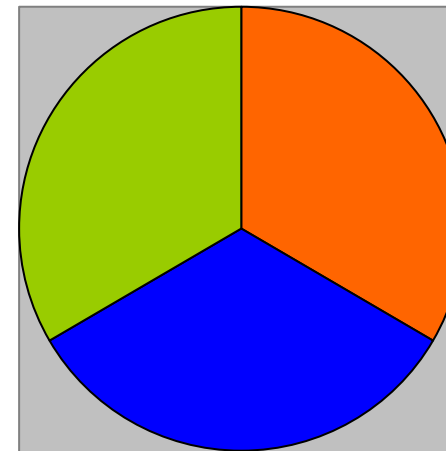
To help you with portion sizes, use your plate as a rough guide.

### Trying to lose weight



- Rice, potatoes, pasta
- Meat, egg, fish, pulses
- Vegetables

### Maintaining weight



- Rice, potatoes, pasta
- Meat, egg, fish, pulses
- Vegetables

## ➤ Managing your weight

Losing weight has many health benefits including helping to control your diabetes, blood pressure, blood cholesterol and risk of heart disease.

Here are a few tips to help you manage your weight.

- 😊 Make only one or two small changes and try to keep to these. Small changes over a long period will make big differences.
- 😊 Serve food on a small plate.
- 😊 Eat slowly and stop when you are full.
- 😊 Only cook as much as you need – leftovers are tempting, and may make you over eat.
- 😊 You may need to reduce your portion size. (See next page).
- 😊 Try to be more physically active during the day. i.e. take the stairs not the lift.
- 😊 Don't be unrealistic. Aim for around 0.5-1kg (1-2lb) weight loss per week.
- 😊 Get some support from your family, friends and health professionals.

## ➤ Steps to healthy living with diabetes

- 😊 Eat regular meals.
- 😊 Maintain a healthy body weight. Try to lose weight, if overweight.
- 😊 Eat 5 portions of fruit and vegetables every day. A portion is 1 piece of fruit, 2 tablespoons of vegetables, or small bowl of salad.



- 😊 Eat starchy foods at each meal, such as bread, potatoes, pasta and rice. Try to use the high fibre variety.



- 😊 Cut down on fat, especially animal (saturated) fat.
- 😊 Have fewer sugary foods and drinks. Try and avoid unnecessary sugar.
- 😊 Cut down on salt.
- 😊 Drink alcohol in moderation

**Remember** – Try to be more active.

## So What Can I Eat?

Instead of .....	Try these .....
White bread, croissants	Granary, wholemeal bread and rolls.
Sugar coated cereals	Wholegrain cereals, porridge.
Fried and fatty foods	Grill, steam or bake food instead. Use small amounts of oil in cooking or try the one cal fat spray. Remove all visible fat.
Butter, lard, hard margarine	Choose a margarine or low fat spread high in monounsaturated fat. Use olive oil and rapeseed oil. <b>All fat is high in calories – so only use a small amount.</b>
Dairy products such a full fat milk and cheese	Use semi-skimmed or skimmed milk. Choose lower fat cheeses such as Edam or reduced fat cheese. Try cottage cheese.
Ready made meals and convenience foods	Choose the healthy option variety which is lower in fat and salt.
Pies, pastries and meat products	Choose low fat varieties. Try eating more fish and pulses e.g. baked beans, lentils.

## So What Can I Eat?

Instead of .....	Try these .....
Cakes and biscuits	Plain biscuits e.g. Rich Tea, Digestive. Plain or fruit cake. Scones, English muffins, crumpets.
Jam, marmalade and honey	Use small amounts of ordinary jam and marmalade or use a reduced sugar variety. Try to avoid honey.
Sugar	Reduce the amount of sugar or use artificial sweeteners.
Crisps, sweets, chocolate, snacks	<b>Only eat in small quantities.</b> Use low fat snacks and low sugar sweets. Have fruit instead.
Fizzy drinks, squashes and fruit juice	Diet, low calorie or reduced sugar drinks. Try and only have 1 glass of fruit juice a day.
Alcohol	In moderation. Use low sugar or slimline mixers. Alcohol is high in calories and contains little beneficial nutrients.
Special diabetic foods	There is no benefit to these. They are often more expensive, higher in fat and have a laxative effect.