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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ فون ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

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আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Healthy Eating and Diabetes Taking Control

Nutrition and Dietetics Department



Further Information on diabetes

Diabetes UK

Website: www.diabetes.org.uk

E-mail: info@diabetes.org.uk

British Dietetic Association (BDA)

E-mail: www.bda.uk.com

Patient:

Date:

Dietitian:

Contact:

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you remain concerned, PALS can also advise upon how to make a formal complaint.

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Sample menu

- Breakfast:** Bowl of porridge or Wholegrain cereal (portion control) with semi-skimmed milk,
- Or** Granary / seeded toast with low fat monounsaturated spread
- Or** Grilled bacon and tomatoes with a slice of granary / seeded bread
1 x portion of fruit or small fruit juice
- Lunch:** Granary or seeded bread or roll (portion control)
Mixed salad vegetables
Lean meat **or** fish **or** beans **or** egg **or** low-fat cheese
With a piece of fresh fruit **or** low fat natural / diet yoghurt
- Main meal:** Small portion of potatoes **or** rice **or** pasta (portion control)
With a large serving of vegetables **or** salad
Lean meat **or** fish **or** pulses **or** vegetarian
Fruit **or** low calorie dessert
- Between meals:** Fruit **or** a plain biscuit if required
Water, low calorie squash, tea, coffee

Taking control

Making healthier food choices is important to help control your diabetes. The advice in this leaflet will help you to plan your meals.

It is best to make small, but permanent, changes to your diet and lifestyle. Short term dramatic changes which you cannot keep up for long are not as effective as smaller changes you can continue.

What are the important points for management of diabetes?

- Have a regular eating pattern. You could have 3 meals a day, or if you prefer, eat little and often. Avoid skipping meal times.
- Starchy carbohydrates e.g. bread, rice, pasta, potatoes, cereal. Focus on modest portion sizes and try to choose the wholegrain and high fibre varieties.
- Aim for at least 5 portions of fruit and vegetables every day. (Don't count potatoes as one of the 5). It is best to spread fruit out throughout the day, avoiding eating many portions in one go. You could use a portion of fruit as a healthy snack in between meals.
- Limit sugar and sugary foods. This does not mean you need to eat a sugar-free diet. Using sugar-free, no added sugar or diet fizzy drinks / squashes, instead of sugary versions can be an easy way to reduce the sugar in your diet.

- Use a sweetener for adding to tea, coffee, breakfast cereals and desserts if required.
- Avoid buying “diabetic” foods as they are not necessary.
- A general reduction in fats, oil, and fatty food will help with weight control. This does not apply to oily fish. Moderate portions of mackerel, herring, sardines or other oily fish are beneficial to health.
- Do not add salt to food. Salt substitutes are not normally recommended. You could try flavouring foods with herbs and spices instead of salt.
- Drink plenty of fluid – at least 8-10 glasses per day of 200mls. Limit fruit juice to one small glass per day and avoid drinks containing added sugar. Alcohol may be taken in moderation.
- Try to increase your physical activity levels (such as walking, gardening, housework), avoid long periods of time without moving around. Aim for a minimum of 30 minutes of activity at least 5 times a week, and gradually increase as able.

So what can I eat?

Please remember that there are no forbidden foods. Of course there are always healthier options we can make, and some options may also help blood glucose levels also. Diabetes isn't about going on a diet; it's about making small, healthy changes to make your eating habits more balanced. A sample menu is shown overleaf.

To have in smaller quantities...	Healthier options...
White bread, sugar coated breakfast cereals, croissants	Granary or seeded bread, porridge, wholegrain breakfast cereals
Sugar for sweetening drinks	Artificial sweetener e.g. Canderel, Sweetex, Hermesetas, Splenda. You can also use these artificial sweeteners to sweeten fruits and custards
Full sugar squashes and fizzy drinks	Sugar free / low calorie versions with no added sugar
Canned fruits in syrup	Canned fruit in juice (drained)
Cakes, biscuits, crisps	Fresh fruit, rice cake or a plain biscuit (oat biscuit, Rich Tea, Garibaldi or low fat digestive)
Fried and fatty foods	Use only small amounts of oil in cooking if trying to lose weight. Choose lean meats and remove any visible fat / skin. Lower fat ready prepared meals
Butter, lard, ghee, hard margarine	Choose low-fat spreads labelled 'high in monounsaturated fat' and use sparingly
Full-fat milk and cheeses	Semi-skimmed or skimmed milk, lower fat cheeses such Cottage cheese, Quark, Reduced fat cottage cheese, Reduced fat cheese spread, reduced fat cheddar.