

Tired of eating
the same old
things?

Try something different!



Cherries, berries,
grapes, grapefruit,
papayas, mangoes or
plums

Whole wheat
and granary
bread, tortillas,
bagels or pitta
breads



Spinach, courgettes, cauli-
flower, butternut, sweet
potatoes



Healthy Eating and Diabetes

and some final words

- If you smoke—STOP!
- Take at least 20 minutes brisk exercise 3 times a week
- Visit your optician once a year for a Diabetic Eye Test.
- Look after your feet

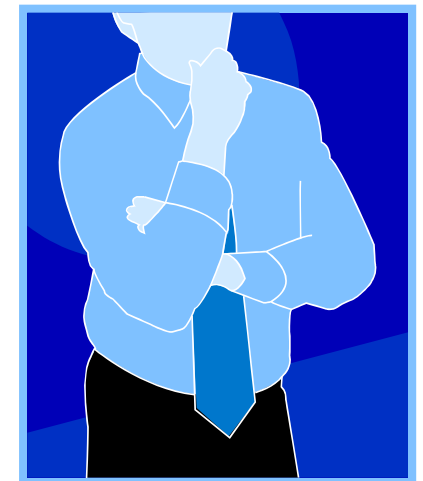
Think about joining

Diabetes UK

Telephone 020 7462 2791

This is a charity run for people with diabetes and a
good source of information

Be good to yourself



Richmond Surgery

Food affects the sugar in your blood

A healthy diet for someone with diabetes is the same as a healthy diet for anyone else—but when you have diabetes it is important to understand how what you eat affects your blood sugar.



where does the sugar come from?

The main sources are firstly from digesting the carbohydrates that you eat:

- Starchy carbohydrates (found in bread, rice and pasta) are broken down into sugars and absorbed slowly
- Sugary foods (cakes or sweets) are absorbed quickly and make your blood sugar levels rise more sharply

and from your internal emergency stores of glycogen in your liver. When your blood sugar falls too low, the liver immediately breaks down these emergency stores to make sugar.

Sugar is your body's main fuel

When a non-diabetic person eats a meal, the body reacts when the sugar level in the blood starts to rise and releases the hormone insulin. This hormone helps the body burn sugar and puts any left over into stores. For those who develop diabetes in adult life, there is usually plenty of insulin still being made but for reasons we do not understand, it does not seem to work as well as it should. The tablets that your doctor has given you firstly make you produce more insulin and secondly they make the insulin in your system work better.



What is a healthy diet?

You must eat regularly to match the effect of your tablets.



- Carbohydrates—particularly wholemeal bread, brown rice and bran cereals
- Fresh fruit and vegetables—spread your intake over the whole day and eat some of your vegetables raw.
- Milk and dairy foods—choose skimmed or semi-skimmed products.

- Meat, fish, eggs (plus Quorn, tofu, lentils, beans etc) - a serving of 100g, choosing lean cuts of beef and pork. Eat a wide variety of these protein foods.
- Don't cut out fats completely but cut your intake right down. Use herbs for extra flavour rather than salt and try sweeteners in place of sugar, varying the brands regularly
- Try using a cooking spray when frying, or use olive oil sparingly, and bake or grill your food more often. Don't add rich sauces or gravy and remove skin or fat before cooking.
- Desserts—foods high in sugar are often high in fat and calories as well. "Sugar-free" desserts contain other types of sweetener and may still have a lot of carbohydrate! "Diabetic foods" are expensive and limited in variety—you can achieve cheap and tasty results using normal foods.
- Drinks—choose diet soft drinks or sparkling flavoured water. Alcohol may interfere with diabetes medications and should only be drunk in moderation.

Plan your meals



Team up with your practice nurse or the hospital dietician. Tell them what you enjoy—and what you don't—as well as your meal schedule. Plan to visit the dietician several times to 'tweak' your meal plans to meet your needs.