

Alcohol



Check with your doctor as to whether or not you are allowed alcohol.

Alcohol is high in calories, so cut down if you are overweight.

Do not drink on an empty stomach, and have an extra snack if you are on insulin or tablets for your diabetes.

Do not exceed the following guidelines:

- men - no more than 3 units per day.
- women - no more than 2 units per day.
- 1 unit = ½ pint beer or lager.
1 small glass wine.
1 pub measure of spirits.
- try to have 2 alcohol free days each week.

For further information:

Diabetes UK

Tel: 0207 424 1000
www.diabetes.org.uk

Careline

Tel: 0845 120 2960

Initial dietary advice for people with

diabetes



A healthy diet is recommended for diabetes and can help reduce the risk of developing:

heart disease · cancer · obesity · constipation

Diabetic foods

You do not need to buy special diabetic foods. They are expensive, high in calories and not necessary.

The main points are:

- eat regular meals.
- eat starchy carbohydrate food with each meal, such as pasta, potatoes, wholegrain bread and rice.
- cut down on sugary foods eg. sweetened drinks, sweets, sugar, cakes and chocolates.
- choose lower fat foods.
- avoid being overweight.
- increase activity.
- limit your salt intake.
- keep alcohol to general guidelines for health.
- save money by not buying diabetic foods.
- if you are on medication for diabetes it is important to take it at the correct time. Consult your doctor, pharmacist or diabetes specialist nurse.

Fibre

Fibre is found in fruit, vegetables and some starchy foods. It helps to keep bowels healthy and is good for everyone.

Eat a starchy food at each meal

Starchy, carbohydrate foods include bread, breakfast cereals, pasta, rice, and potatoes. Have a helping of one of these foods at each meal.

Starchy foods are absorbed at different rates. Those that are absorbed more slowly are particularly helpful for controlling blood glucose levels.



For example:

Wholegrain breads granary, multigrain, rye, pitta, pumpernickel and chapattis.

Rice basmati.

Pasta and noodles.

Yam and sweet potatoes.

Cereals porridge, unsweetened muesli, Sultana Bran, Fruit and Fibre, All Bran, Special K.

Pulses lentils, baked beans, kidney beans, chickpeas, soya beans and haricot beans.

Fruit apples, pears, plums, oranges, peaches.

Try to include these more often as part of your meal plan.

Sugar free foods and sweeteners

Reduce sugar and foods high in sugar. Diet or sugar free foods contain artificial sweeteners which do not affect the blood glucose levels.

Artificial sweeteners eg. canderel, sweetex, saccharin, aspartame and hermesetas are useful for sweetening drinks, cereals and stewed fruit. You can buy them as tablets or in a granulated form.

Remember - try to go without sweeteners first.

Eat less fat

Eating too many foods high in fat will result in weight gain and will increase your risk of heart disease and circulation problems.

This is especially important for people with diabetes.

- grill, poach, steam, bake, casserole or microwave, but avoid frying foods.
- choose lean red meat, poultry without the skin or fish (including oily fish) and have smaller servings.
- try low fat spread and use sparingly. Limit to a maximum of 100g (4oz) week of spread.
- aim to buy low fat products including semi-skimmed/skimmed milk.
- keep pies, pastries, chips and crisps to a minimum.