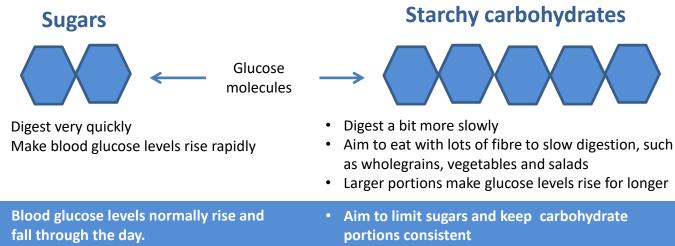
## **Diabetes and Diet**

### What is diabetes?

Diabetes is where blood glucose levels are often higher than they should be. Uncontrolled blood glucose levels can cause both uncomfortable symptoms and long term risk of serious health conditions. It is important to make sure blood glucose levels are well controlled.

### What causes blood glucose levels to rise?

Carbohydrates are needed for energy but they can cause blood glucose levels to rise. There are 2 types of carbohydrates:



 Aim to keep blood glucose levels from rising and falling too much.

Food/drink

- Slowing down digestion will help to keep glucose levels steady.

# Which foods and drinks will make glucose levels rise?

Potatoes, cereals, rice and pasta and

anything made with flour (bread,

Yorkshire puddings, pastry, dumplings)

Aim for a variety of vegetables, fruit and

salads daily, as they contain beneficial

vitamins, minerals and fibre. Fruit and

Beans, lentils and other pulses are a

great source of protein and fibre. They

Milk and yoghurts contain lactose, a type

of sugar. Good source of calcium, protein

and vitamins A and D to keep muscles

will make blood glucose levels rise

fruit juices contain natural sugars.

also contain carbohydrates.

and bones strong.

**Base meals** around starchy carbohydrates



Aim for 2-**3** portions a dav



Aim for 5-

a-day

Aim for small amounts dailv



drinks

Fats and oils will not make glucose levels rise directly

### Limit sweet treats &

Cakes, biscuits, crisps, sweets, puddings, chocolate, sweet drinks and table sauces are made with sugar. Will make glucose levels rise rapidly.

#### What to choose

Eat with lots of vegetables or salad. Seeded, granary or 50:50 breads, high fibre cereals, potatoes with skin, basmati rice or pasta.

Limit fruit juices, unless glucose levels are low. Encourage whole fruit, one portion at a time (1 handful or 80g).

Choose leaner protein sources. If beans/lentils, having reduce rice, bread or potato portions

resident is overweight/healthy lf weight, choose low fat products. If resident is underweight, choose higher fat products. For flavoured yoghurts, choose light or no added sugar

Limit fat intake in diet, unless resident is underweight. Weight gain can prevent steady blood glucose control.

Small portions, less frequently. Space out intake. Choose diet or no added sugar drinks. Only use sugary drinks to treat low glucose levels.

## **Carbohydrate Portions**

## Snacks – aim for less than 15g carbohydrates



## **Carbohydrates at meal times**

- Keep carbohydrate portions at each meal time **consistent** to help blood glucose levels remain steady.
- Include **lots of fibre** with meals to slow down digestion. This will help to reduce higher blood glucose levels after meals.

Use the table below for approximate portion sizes for different carbohydrate-containing foods. Identify appropriate carbohydrate portions. Foods can be mixed and matched for greater variety.

Food	Carbohydrate Portions					
	20g		40g		60g	
Potatoes mashed*		x1½		x3		x4½
boiled		x2		x4		x6
chips	Real	75g	REAL	150g	Roto	225g
baked		1x small		1x med		1x large
Basmati rice*	<u></u>	x1	<u></u>	x2	<u></u>	x3
Pasta*	<b>**</b>	x2		x4	<b>3</b>	х6
Bread		x1		x2		x3
Beans*		x2	SOF	x4		х6
Yorkshire Pudding	Small x2, Med x1		Small x4, Med x2		Small x6, Med x3	
Dumplings		x1		x2		x3

\* Heaped tablespoon