

NUTRITION & TYPE 2 DIABETES

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Many People feel confused about what they can eat once diagnosed with diabetes

This session aims to address those concerns and answer any questions you may have

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
13%	LOW	LOW	HIGH	MED

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Eat at least 5 portions of a variety of fruit and vegetables every day



Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.



Eat less often and in small amounts

Beans, pulses, fish, eggs, meat and other proteins



Dairy and alternatives



Choose unsaturated oils and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS



HEALTHY EATING



- **Healthy eating for diabetes is the same as healthy eating for the general population**
- **It is the overall balance of your diet that is important**
- **People who eat more fruit & vegetables tend to eat less high fat & high sugar foods and the reverse is true**
- **Consider not only what you may eat too much of but also what you may eat too little of**
- **Ensuring a good intake of fibre from fruit & vegetables and wholegrain carbs is important for many reasons beyond helping regular bowel movements!**
- **It is important to achieve a good fluid intake even slight dehydration can lead to constipation, headaches and may increase blood glucose level. As we age thirst is not as good an indicator of hydration. Urine is a better gage should be colour of pale straw. All fluids apart from alcohol count**



- **Meals/snacks high in fibre help to slow the rise in blood glucose following eating**
- Higher fibre meals stay in the stomach for longer helping you to feel full for longer so may aid with weight reduction
- **Fibre feeds you gut flora**
- High fibre meals helps to remove cholesterol from the body
- **Increase fibre by choosing wholegrain/wholemeal starchy carbs and achieving 5 a day fruit & vegetables**
- Have up to 3 portions fruit a day spread over the day

ULTRA PROCESSED FOODS

- **What is an ultra processed food?**
- These are foods that contain a long list of ingredients many of which you would not find in your kitchen at home or on supermarket shelves
- **Increased intake of these foods have been linked to the rise in obesity**
- They are low in fibre and high in fat, sugar and salt
- **They can be eaten very quickly, faster than your brain can assess your level of fullness**
- They are often overeaten due to ease of eating and high taste but low satiety value
- **Emerging evidence that these foods have a highly negative effect on our gut flora**
- They have a poor nutritional profile

CARBOHYDRATE



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graph TD; C[CARBOHYDRATE] --> S[STARCHY FOODS]; C --> U[SUGARS]; S --> G[GLUCOSE]; U --> G; G --> BS[Blood Stream]; I[Insulin] --> BS; BS --> CB[Cells of body]
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The diagram is a flowchart on a blue background. At the top is a yellow box labeled 'CARBOHYDRATE'. Two arrows point down from this box to 'STARCHY FOODS' (an orange box on the left) and 'SUGARS' (a pink box on the right). Arrows from both 'STARCHY FOODS' and 'SUGARS' point to a central dark grey box labeled 'GLUCOSE'. From 'GLUCOSE', an arrow points down to the text 'Blood Stream'. To the left of 'Blood Stream', the word 'Insulin' has an arrow pointing to the vertical line connecting 'Blood Stream' and 'Cells of body'. Finally, an arrow points down from 'Blood Stream' to the text 'Cells of body'.

STARCHY FOODS

SUGARS

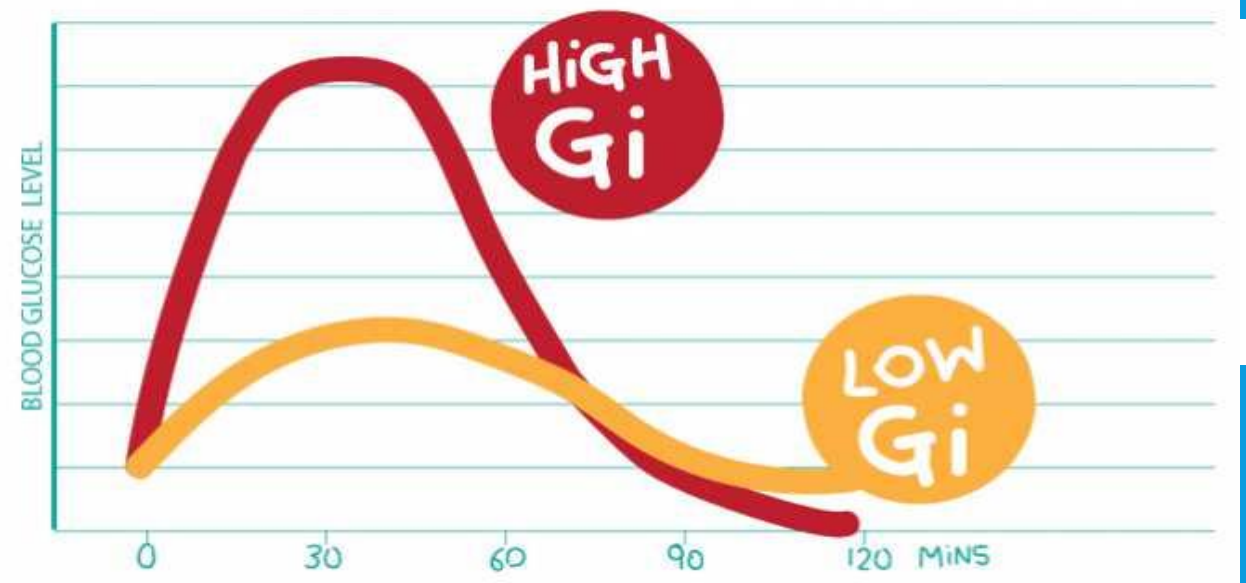
GLUCOSE

Blood
Stream

Insulin

Cells of
body

GLYCAEMIC INDEX (GI)



- Carbs are digested at different rates which has an effect on your blood glucose. The Glycaemic Index is a ranking of how quickly these foods make your blood glucose rise
- High GI foods are digested quickly and cause a quick and sharp rise in your blood glucose
- Low GI foods are more slowly digested so will cause your blood glucose to rise more slowly
- There is good evidence to suggest that basing your diet on low GI foods may help to control blood glucose levels in people with Type 2 diabetes

LOWER GI STARCHY CARB CHOICES

- Rice: basmati
- Potatoes: sweet or keep skins on (mash has highest GI)
- Bread: granary (seeded), pitta, wraps, sourdough
- Pasta: all types reasonably low, overcooking will increase GI “al dente” (slightly firm) is best
- Adding pulses (peas, beans, lentils, chickpeas) to a meal will lower the overall GI of that meal

Always better to also choose higher fibre usually marked as wholemeal or wholegrain or brown

SHOULD I AVOID CARBS TO MANAGE MY DIABETES?

- **No there is no evidence that this is required**
- It is impossible for most people to maintain
- **Your diet may become unbalanced**
- Remember if you eat less of one thing you will eat more of another so less carbs = more fat & protein
- **Keep your carb portions modest: most peoples portions are too large**
- Aim to have roughly similar amounts each day spread across the day
- **Choose higher fibre starchy carbs**

HEALTHY EATING: SUGAR

- We all know that reducing intake of foods with added sugar is good for our health and limiting these foods is important to achieve weight loss. But this can be difficult if you have a “sweet tooth”
- Dark chocolate >70% cocoa is generally low in sugar
- You can make chocolate “mousse” with milk, chia seeds & coco powder soaked for a few hours (many recipes online)
- There are many online recipes for low carb desserts
- Vanilla essence and cinnamon add sweetness without sugar
- Plain or vanilla yoghurt with berries or cherries is a good dessert choice as is sugar free jelly

CHOLESTEROL



- Is a fatty substance in the blood produced naturally by the liver. We need some cholesterol to stay healthy. But when there is too much it can build up in your arteries leading them to narrow or block increasing the risk of heart attack or stroke
- **Causes of high Cholesterol:** Diet high in saturated fat, not being active enough, smoking, having too much body fat especially around the middle

SATURATED FAT

- Full-fat dairy products
- Fatty meat and meat products such as pasties, sausages and pies
- Biscuits, cakes and pastries
- Butter, cream, ghee and lard Coconut and palm oils



UNSATURATED FAT

- Polyunsaturated fat

Oily fish Sunflower, soya, corn or safflower oils and spreads Flax, pumpkin and sesame seeds Walnuts

- Monounsaturated fat

Olive and rapeseed oil Avocado Nuts such as almonds, cashews, and hazelnuts



SNACKING

- **Snacking can contribute far more energy (calories) to our diet that we often think**
- **Noting down your snacks over a few weeks can help you to assess this**
- **There should be no need to snack between meals unless you feel hungry**
- **Choosing healthy lower carb snacks if required can help you to lose weight**

HEALTHY EATING

- **Eat the rainbow and achieve 5 a day fruit & vegetables**
- High fibre: choose wholemeal/wholegrain starchy carbs
- **Avoid too much saturated fat**
- Avoid too much salt
- **Avoid too much sugar**
- **Limit Intake of ultra processed foods**

ITS ALL IN THE PREP!

- **Make the healthy choice the easy choice**
- Have go to healthy snacks with you, in case suddenly hungry
- **Make extra at meals and freeze so that on that day you are rushed you can just microwave a home cooked healthy meal quickly from the freezer**
- Air fryers can make meal prep very fast but also healthy for example large chunky veg with a little olive oil and spices can really help bulk up a meal
- **Slow cookers can make meals while you are out so dinner is ready when you return**
- If you are always ravenous when getting in from work making it difficult to make a healthy choices have a pre planned healthy snack mid afternoon or just prior to leaving work
- **Healthy eating does not have to be more expensive but it does require more planning**

FURTHER INFORMATION

- **Diabetes.org.uk**
- Meal Plans
- Recipes
- Learning Zone
- **BDA Food Fact Sheets:** Diabetes Type 2, Cholesterol, Glycaemic Index