

Polish: Jeżeli potrzebujesz tych informacji w innym formacie, jak na przykład w dużej czcionce, w formacie audio lub w innym języku, prosimy o kontakt z Cambridgeshire and Peterborough Foundation Trust (Publiczny Zespół Opieki Zdrowotnej i Środowiskowej) pod numerem telefonu: 01223 726767 lub email na adres: communications@cpft.nhs.uk

Portuguese: Se precisar desta informação em formato diferente, tal como impressão em letra grande, cassete áudio ou noutra língua, por favor contacte o *Cambridgeshire and Peterborough Foundation Trust* (Trust NHS dos Serviços Comunitários de Cambridgeshire), através do telefone 01223 726767, ou envie um e-mail para: communications@cpft.nhs.uk

Russian: Если данная информация требуется в другом формате, например крупным шрифтом, аудиозаписи или на другом языке – просим обращаться в Социальные Службы Общественного Фонда Здравоохранения Графства Кембриджшир, по телефону 01223 726767 или отправлять электронное сообщение по адресу communications@cpft.nhs.uk

Cantonese: 本資料亦以特大字體、錄音形式或其它語文提供，如有需要，請聯絡劍橋郡社區服務國家健康信託 (Cambridgeshire and Peterborough Foundation Trust)，電話 01223 726767 電郵地址 communications@cpft.nhs.uk

Turkish: Eğer bu bilginin kendi dilinizde çevirisini (ya da daha büyük harflerle baskısını veya kasete kayıtlı halini) isterseniz, lütfen Cambridge Bölgesi Kamu Hizmetleri Ulusal Sağlık Hizmeti Birimini (Cambridgeshire and Peterborough Foundation Trust) 01223 726767 no'lu telefon numarasından arayın veya communications@cpft.nhs.uk adresine e-mail gönderin.

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Leaflet review date: May 2022

Patient Advice and Liaison Service

For information about CPFT services or to raise an issue, contact the Patient Advice and Liaison Service (PALS) on Freephone 0800 376 0775, or e-mail pals@cpft.nhs.uk

Out-of-hours service for CPFT mental health service users

Please call **NHS 111** for health advice and support.

If you require this information in another format such as braille, large print or another language, please let us know.

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CPFT supports the **HeadtoToe Charity** – visit www.HeadToToeCharity.org for details on how you can help



An Introduction to Healthy Eating for People with Type 2 Diabetes

Nutrition and Dietetic Service



How can I learn how to manage my diabetes?

We recommend you sign up to do a free online course called My DESMOND.

DESMOND stands for **D**iabetes **E**ducation and **S**elf-
Management for **O**ngoing and **N**ewly **D**iagnosed

It is a national, evidenced based education programme to inform you fully on how to manage your diabetes.

You can ask your practice nurse or GP to refer you to My DESMOND

Useful Information Sources

Books

Carbs & Cals by Chris Cheyette & Yello Balolia (also an app)

Apps

Myfitnesspal

Sugar Swaps—change4life

One You—Easy meals, Couch to 5K, Active 10

Further apps are available at:

<http://www.nhs.uk/apps-library/filter/?categories=Diabetes>

Websites

<https://www.diabetes.org.uk>

https://www.bda.uk.com/foodfacts/diabetes_type_2

<https://www.nhs.uk/change4life>

9. If you are overweight, aim to lose 5-10% of your weight

For most people this is around $\frac{3}{4}$ to $1\frac{1}{2}$ stone (5 – 10 kg)
Losing just a small amount of weight will reduce your blood glucose. Losing more (15kg) may help you put your diabetes into remission.



10. Be active

Any activity will help to reduce your blood glucose levels so try and add activity to your every day life.

For example use the stairs, park away from the shops, walk to get the paper, cycle to work, and do the gardening.

Aim to do 150 mins of moderate activity over the week .

Produced by the Nutrition & Dietetics
Diabetes team

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7. Use less salt

Cut down the amount you use in cooking and at the table. Use herbs and spices to flavour foods instead. By preparing your own meals, you can limit the added salt.



8. Limit your alcohol intake

Alcohol is high in calories and can increase your weight.

The following contain approximately ...

- 1 large glass wine (175ml): 1 - 2 units
- 1 pint lager: 2.5 units
- 1 pint cider: 3 units
- 1 spirit measure (25ml): 1 unit
- 1 glass Sherry, Port (50ml): 2 units



**Should not
regularly exceed**

14 units per week
For both men and women

And a maximum of
2 - 3 units per day

Healthy food choices for people with diabetes are the same as those recommended for everyone except that people with diabetes need to control the amount of carbohydrate they eat. Eating a healthy balance of food, being active and losing weight if you need to will help to keep your blood glucose levels in the normal range.

Normal blood glucose is between 4 and 7 mmol/l.

Making changes now will reduce your blood glucose. Sticking to these changes will help reduce your weight if you are overweight.

Diabetes is a serious condition and high blood glucose levels can harm your body. Reducing your blood glucose helps to reduce the chance of developing complications from diabetes eg damage to the eyes, feet, kidneys and heart.

Steps to healthier eating:

1. Eat three regular meals spread over the day.

This will help control your blood glucose levels.

Try to avoid snacking on biscuits, crisps and cakes. Better options are a handful of unsalted nuts eg almonds, walnuts or some vegetable sticks eg carrots or cherry tomatoes.

2. Reduce the amount of carbohydrate you eat.

Carbohydrates include both sugary and starchy foods
All carbohydrate raises blood glucose levels.

- Starchy foods include bread, potatoes, pasta, rice, cereals. Aim for no more than a quarter of your plate of these foods or a 'fist' amount. Choose wholegrains eg have granary bread instead of white bread.
- Sugary foods containing added sugar eg fizzy drinks and sweets should be avoided. Choose 'diet' drinks instead or use a sweetener such as Stevia™ or Splenda™ in your drinks.
- Foods containing natural sugar such as fruit, milk, yoghurt can be eaten in moderation.

3. Eat less saturated fat.

- Choose lean meat, fish, and poultry without skin.
- Avoid high-fat snacks, e.g. crisps, cakes, and biscuits.
- Choose sunflower, rapeseed, or olive oils, and olive oil or sunflower oil based spreads.
- Limit fast foods, take-away meals, and ready meals, as these are usually high in saturated fat.
- Change to low-fat dairy products such as skimmed or semi-skimmed milk and limit cheese to a matchbox sized portion
- Unsaturated fat is a good type of fat and can be found in olive oil, rapeseed oil, avocados, oily fish, nuts and seeds

4. Eat plenty of vegetables and fruit

Aim for at least 5 portions per day,
(for example 2 portions of fruit, and 3 portions of vegetables).

A portion is equal to:

- A bowl of salad.
- Three tablespoons of vegetables.
- 1 small banana, apple, orange, pear or peach.
- 2 small fruits, e.g. satsumas plums, apricots or kiwi.
- A palm full of berries or grapes.
- 2 tablespoons of fruit tinned in natural juice.

Limit your intake of fruit juice or smoothie to one small glass per day.

Vegetables and salad are very low in carbohydrate and calories so fill up on these. Aim for half your plate as vegetables/salad.

Too much fruit will raise your blood glucose levels so eat just one portion at a time and limit to 2-3 portions a day.

5. Fill approximately a quarter of your plate with protein foods eg lean meat, fish, eggs, pulses (peas, beans and lentils) tofu, Quorn.™

Protein foods tend to be filling foods and do not effect blood glucose levels.

6. Foods labelled 'suitable for diabetics' have no special benefit.

They are often expensive, high in fat, and can still effect your blood glucose levels. In large amounts, they can also have a laxative effect and cause bowel upsets.