

# Eating well with diabetes

## Diabetes and Endocrinology Patient Information Leaflet

### Introduction

This leaflet is for people who have diabetes. It gives information on what you should eat to keep yourself healthy.

### Choose higher fibre starchy carbohydrate food

Starchy carbohydrate food includes cereal, bread, pasta, rice and potatoes. Aim for no more than a third of your plate full of starchy carbohydrates. Avoid large portions and choose higher fibre options such as seeded or granary bread, porridge, brown rice, wholewheat pasta and new potatoes with skins. Choose lean proteins and fill up on vegetables and salad.

### Reduce your sugar intake

Cut down on sugary food such as ice cream, cake, biscuits and chocolate. Choose sugar-free drinks and use sweetener instead of sugar. Diabetic food is not recommended as it can be expensive and offers no special health benefit.

## Cut down on fat

Fried food and high fat food such as butter, cheese, pastry and fatty meat is high in calories and saturated fat. Eating less of these foods will help you to manage your weight and protect your heart. Choose lower-fat options such as reduced fat cheese and skimmed or semi-skimmed milk.

Use small amounts of oil if needed in cooking. Choose a monounsaturated one such as olive or rapeseed oil.

## Reduce your salt intake

Too much salt is bad for your heart. If you add salt to food, cut it down then cut it out. You will get used to eating less salty food. Check salt on food labels and aim to have less than six grams a day. Add flavour in other ways such as by adding herbs or spices.

## Drink alcohol in moderation

The recommended limit of alcohol for both men and women is 14 units per week, with at least two alcohol-free days a week. A unit is a small glass of wine, half a pint, or a single shot. Avoid drinking on an empty stomach. Alcohol contains calories so cutting back helps you to manage your weight.

## Watch your weight

If your weight is within the healthy range, aim to keep it there. If your weight is above the healthy range, losing just five to 10 per cent will have big benefits for your health. Please ask your GP or diabetes team if you would like more advice about managing your weight.

## Can I find out more?

You can find out more from:

**Diabetes UK** on 0345 123 2399

[www.diabetes.org.uk](http://www.diabetes.org.uk)

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

Diabetes Team on 01384 244399 (9am to 5pm, Monday to Friday)

Russells Hall Hospital switchboard number: 01384 456111

**This leaflet can be downloaded or printed from:**

<http://dudleygroup.nhs.uk/services-and-wards/diabetes-and-endocrinology/>

If you have any feedback on this patient information leaflet, please email [dgft.patient.information@nhs.net](mailto:dgft.patient.information@nhs.net)

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.**

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔