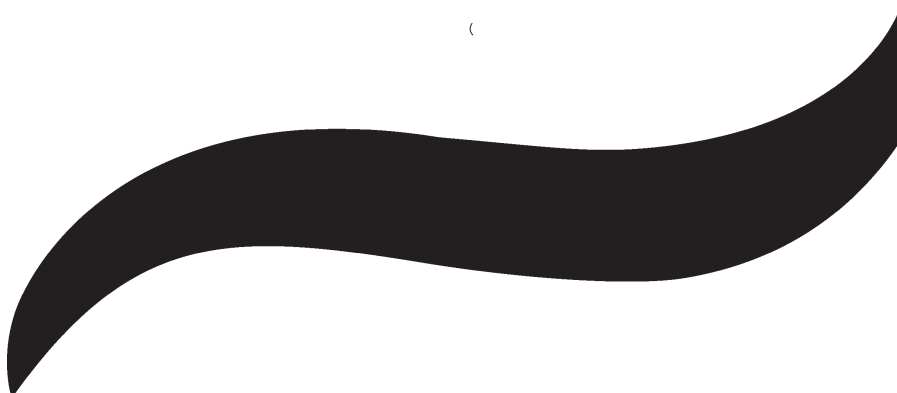




Food and Diabetes: after diagnosis

Information for patients
Adult Diabetes Service



When people are diagnosed with Type 1 Diabetes one of the first questions they often ask is “What can I eat?”. You may be worried that you will need to follow a special diet, stop eating the foods you enjoy or stop going to social events where foods and drinks are involved. This is not the case. If you have Type 1 Diabetes you can eat a wide range of foods and continue to enjoy the social aspects of eating and drinking.

DIABETES SPECIALIST DIETITIANS: WHO WE ARE AND WHAT DO WE DO

Dietitians are part of your Diabetes Support Team. You will have an appointment with us very soon. Our job is to help you understand how your food choices affect your blood glucose level. As part of your support team we will help you gain the confidence, knowledge and skills that you’ll need to manage your diabetes well on a day to day basis.

There is a lot to learn and this can feel overwhelming at the beginning. The team are here to help. We will guide you through the most effective way to manage your diabetes. You will learn and understand more with each appointment as we add in more information.

WHAT CAN HELP IN THESE VERY EARLY DAYS?

There are a few simple things you can do in the very early days after your diagnosis that will help prevent large rises or drops in your blood glucose level.

Avoid sugary drinks and fruit juices **e.g. normal cola and fresh orange**

Why: These drinks will cause your blood glucose to rise very quickly. It is best if you keep them as treatments for hypoglycaemia (“hypos”). Use the following drinks if you are thirsty

- ◆ sugar free/diet fizzy drinks
- ◆ no added sugar diluting juices
- ◆ sugar free flavoured waters
- ◆ tea and coffee (with milk and/or sweeteners)

Aim to eat 3 meals daily

Why: If you miss meals or eat a lot of snacks rather than eating a meal it makes it difficult for the team to set the right insulin doses for you. It also makes it difficult for the team to decide if your insulin doses need to be changed. You should eat breakfast, lunch, dinner and a small supper every day. Here are some ideas for these 4 meals:

| Breakfast | | |
|---|---|---|
| Cereal (e.g. Weetabix, shredded wheat or bran flakes) or Porridge with milk | Toast with spread, peanut butter, jam, honey or marmalade | Poached, scrambled or boiled eggs and toast |
| No added sugar muesli with milk or yoghurt | 1-2 roll(s) with grilled bacon | Baked beans on toast |
| Healthy cooked breakfast: poached or scrambled egg, lean grilled bacon, toasted potato scone or pancake served with mushrooms, beans, grilled tomatoes and toast. | | |

| Lunch | |
|---|--|
| Vegetable based soup (homemade soup or tinned) such as scotch broth, lentil and minestrone with bread or a roll | Baked beans with toast or grilled waffles |
| Small jacket potato with salad and one of the following fillings: <ul style="list-style-type: none"> ◆ Chilli ◆ Baked beans ◆ Curry ◆ Tuna ◆ Chicken and sweetcorn mayo ◆ Cheese | Tinned sardines or mackerel on toast with salad |
| | Bagel or small ciabatta roll with low fat cream cheese and salad |
| | Tuna or chicken pasta with salad |
| Sandwich, roll, pitta bread, bread thins, bagel thins or wrap filled with salad and one of the following: <ul style="list-style-type: none"> ◆ Salmon ◆ Tuna with sweetcorn or onion ◆ Boiled Egg ◆ Low fat grated cheese or spreading cheese ◆ Small banana ◆ Low fat houmous ◆ Lean cold meat such as ham, chicken or roast beef | |

Dinner

Your dinner plate should look like this:

½ (half) of your plate should have vegetables or salad

¼ (a quarter) of your plate should have a starchy food such as potatoes, chips, pasta or rice

¼ (a quarter) of your plate should have lean protein such as chicken, fish, beef

- ◆ Grilled chop (remove all the visible fat)
- ◆ Chicken breast (no skin)
- ◆ Stew or casserole
- ◆ Lean mince
- ◆ Grilled low fat sausages
- ◆ Small gammon steak and pineapple (in its own juice) or poached egg
- ◆ Small steak
- ◆ Oven baked fish
- ◆ Poached fish e.g. Salmon or Trout
- ◆ Grilled fish fingers

Try having the following meals with lots of salad or cooked vegetables:

- ◆ Fish Cakes
- ◆ Fish Pie
- ◆ Cottage Pie
- ◆ Spaghetti bolognaise
- ◆ Pasta and vegetables in a tomato sauce
- ◆ Lasagne
- ◆ Pizza
- ◆ Chilli con carne and boiled basmati rice or tortillas
- ◆ Chicken and vegetable stirfry with boiled basmati rice or noodles
- ◆ Meat and vegetable curry with boiled basmati rice
- ◆ Vegetable or chicken risotto
- ◆ Lentil curry with a small naan bread or chapatti
- ◆ Chicken/Beef fajitas with tortilla wraps

Supper

1 slice of toast

1 cereal bar

2-3 oatcakes or crackers

1-2 digestives

1 pancake

Small bowl of cereal

Include a starchy food at every mealtime

Why: Starchy foods are things like bread, breakfast cereals, pasta, rice and potatoes. When they are digested they break down into glucose. This glucose leaves your intestine and goes into your blood. This makes your blood glucose rise. You may have been started on a bolus (mealtime) insulin e.g. Novorapid or Humalog. The job of this insulin is to take some of the glucose from your blood after a meal and give it to your muscles and organs for fuel. If you don't eat a starchy food but take bolus insulin this could make your blood glucose drop too low and you may have a hypo.

Think about what you snack on

Why: If you eat snacks between meals this will cause your blood glucose to rise. In these early days you might be very hungry and want to eat a lot of snacks. The **low impact** snack list below contains foods that will only cause a small rise in your blood glucose. When you are hungry you can pick 1 of these to eat as a snack between meals.

| Low Impact Snacks: these foods only cause a small rise in your blood glucose (about a 2-3 mmol/l rise in blood glucose) | |
|---|--|
| Fruit <ul style="list-style-type: none"> ◆ 1-2 kiwis or tangerines ◆ 1 small apple, pear or orange ◆ 1 peach ◆ 5-10 strawberries ◆ 1 slice melon/pineapple | Sweet Snacks <ul style="list-style-type: none"> ◆ 1 Freddo ◆ 1 Dairy Milk little bar ◆ 1 Highlights or Options chocolate drink ◆ 1 fun size bag of Maltesers |
| Savoury Snacks <ul style="list-style-type: none"> ◆ Quavers or wotsits ◆ 12 pringles ◆ 1 large rice cake ◆ 2 cheddar biscuits ◆ 1-2 crackers, oatcakes or crisp breads | Biscuits <ul style="list-style-type: none"> ◆ 1 plain hobnob ◆ 1 digestive (plain or chocolate) ◆ 2 rich tea ◆ 1 jaffa cake ◆ 1 custard cream ◆ 1 bourbon ◆ 1 ginger biscuit ◆ 3 chocolate fingers |
| Dairy <ul style="list-style-type: none"> ◆ 1 low calorie yoghurt ◆ Small glass of milk (200mls) | |

Some foods don't break down into glucose when they are digested so they don't make your blood glucose rise. The **no impact** snack list below is handy if you are hungry and need more than 1 snack or when you want a snack that doesn't affect your blood glucose.

| No impact snacks: little or no effect on blood glucose | | |
|---|---------------------------------------|--|
| Cheese | Chicken drumsticks | Eggs |
| Salsa, houmous or guacamole dip | Cold meat e.g. ham, chicken or turkey | Prawns or Seafood Sticks |
| Tinned fish | Sugar free jelly | Avocado |
| Olives | Nuts and seeds | Pepperoni Sticks |
| Vegetable sticks e.g. carrot and cucumber batons, pepper strips | | Homemade vegetable soup e.g. carrot and coriander, mixed vegetable, mushroom |

YOUR FIRST APPOINTMENT: WHAT TO EXPECT

Your first appointment with us will last about 30-45 minutes and will give us time to learn more about you. We would really like to know more about your daily routines and food choices. Your food likes and dislikes, and what you do in your home/work life are important. We will need to take these into account when we speak to you about how best to manage your diabetes. We will also start to take you through the education topics to help build your understanding of diabetes and the skills you'll need so you can manage it well.

Please take some time to fill in the following section and bring it to your first appointment

A typical day's food choices and meal pattern

Time and meal type
e.g. breakfast,
dinner, snack

Foods usually eaten

| | |
|--|--|
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| | |
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| | |
| | |

Favourite foods

Foods I don't like

| | |
|--|--|
| | |
| | |

USEFUL RESOURCES

You may want to look online for more information before your appointment with us. You can trust the following sites because the information is produced by health care professionals working in diabetes and is based on the best advice and evidence.

- ◆ www.diabetes.org.uk
- ◆ www.mydiabetesmyway.scot.nhs.uk
- ◆ www.jdrf.org.uk
- ◆ www.bda.uk.com
- ◆ www.carbsandcals.com
- ◆ www.nhslanarkshire.scot.nhs.uk/Services/Diabetes

Diabetes Specialist Dietitians contact details:

- | | |
|---------------------------------|--------------|
| ◆ University Hospital Hairmyres | 01355 585230 |
| ◆ University Hospital Monklands | 01698 752105 |
| ◆ University Hospital Wishaw | 01698 687750 |

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NHS Lanarkshire General
Enquiry Line: 0300 30 30 243

NHS inform - The national health information service for Scotland.
www.nhsinform.co.uk
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