

## SOUTH WARWICKSHIRE DIETETIC SERVICE

### Food and Diabetes – Just a Beginning

This advice is temporary for you to follow until you can see a dietitian who will plan a personal diet with you. Your doctor will refer you to the nearest hospital or health centre with a dietitian who will help and advise you on the diet that will best suit your lifestyle and your diabetes.

- Have three meals a day rather than nibbling continuously, or missing meals
- Cut back on sugar and fatty foods as this will start to bring your diabetes under control and help you control your weight
- Include some fibre-rich foods such as breakfast cereals, dahl, wholemeal chapatti, rice, potatoes in their skins or wholemeal bread at each meal
- Have plenty of vegetables and some fruit every day
- Drink at least eight cups of sugar-free fluid daily

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**Do not** add sugar, gur or jaggery to any food or drink; avoid all sweetened drinks, jams, marmalade and honey.

**Do not** eat sugary puddings or desserts, tinned fruit in syrup, ordinary milk pudding, jellies or sweets, e.g. burfi, jalebi or laddu.

**Avoid** all sweet biscuits, cakes and sweets, chocolate and diabetic alternatives.

**Reduce** the amount of fat you eat by using less butter, margarine, oil, ghee, cheese, pastry and fried snacks, e.g. crisps, pakora, chapatti with ghee.

**Do not** add salt to cooking and at the table.

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**Choose** water, unsweetened tea or coffee, sugar-free or low calorie drinks. You may use artificial sweeteners.

**Instead** have fresh or stewed fruit, using an artificial sweetener if necessary, natural or sugar-free yoghurt, or sugar-free jelly.

**If** you are hungry between meals have a plain biscuit or a piece of fruit.

**Use** small quantities of a mono-unsaturated oil to make curry. Use semi skimmed milk.

**Use** less salt and more herbs, spices and lemon juice.