



Guy's and St Thomas'
NHS Foundation Trust

Important Considerations for Food and Diabetes

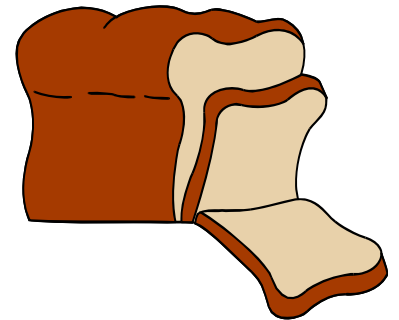
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What is the aim of dietary management?

- To help control blood sugar levels
- To reduce symptoms of diabetes
- To achieve a healthy weight
- To ensure nutritional adequacy

Top Tips for Eating Well

- Regular Meal
- Less Sugar
- Limit intake of salt to ≤ 6 g/day
- Reduce amount of fat
- Oily fish twice weekly or more
- Fibre intake is also important
 - Multigrain breads, wholegrain cereals
- Beans and lentils (incl. baked beans + other tinned beans)
- Five portions of fruit and vegetables daily
- Moderate alcohol intake
- Aim to reach and maintain a sensible weight



Patient Centred

- **Dietary advice should be individualised**
- **Promote healthy living through appropriate and healthy food choices**
- **Ensure pleasure of eating continues**
- **Personal and cultural preferences**

Physical Activity



- **Same recommendations for those without diabetes**
- **Aim for 30minutes of moderate activity every day
(1 x 30 mins / 2 x 15 mins / 3 x 10 mins)**

- **Enough to make you breathless**



Recommendations

- **Everyone with diabetes should receive individual, ongoing nutritional advice from a registered dietitian**
- **All people with diabetes and/or their carers should be offered structured education at the time of diagnosis with an annual follow-up**

Key summary points

- Ongoing consistent diet / exercise advice
- Care planning to support patients self- manage