

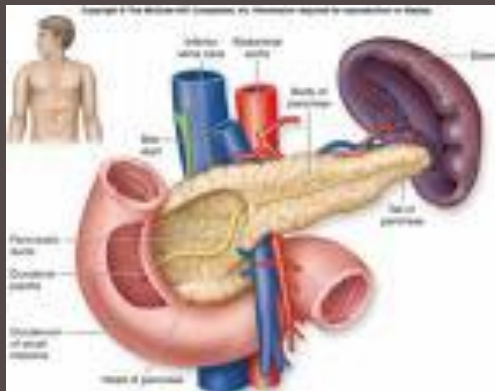
NUTRITION FOR DIABETICS

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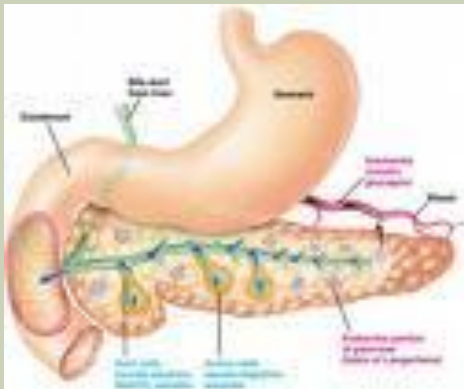
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WHAT IS DIABETES?

WHAT DOES THIS MEAN?

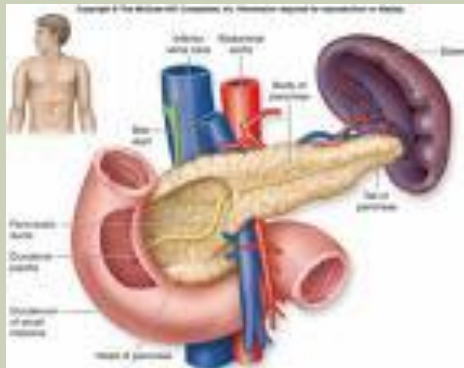
- a high blood sugar (glucose) level
 - the body either not producing enough insulin, or
 - because body cells do not properly respond to the insulin that is produced.
- Insulin is a hormone produced in the pancreas which enables body cells to absorb glucose, to turn into energy. If the body cells do not absorb the glucose, the glucose accumulates in the blood (hyperglycaemia), leading to various potential medical complications.



WHAT IS DIABETES?

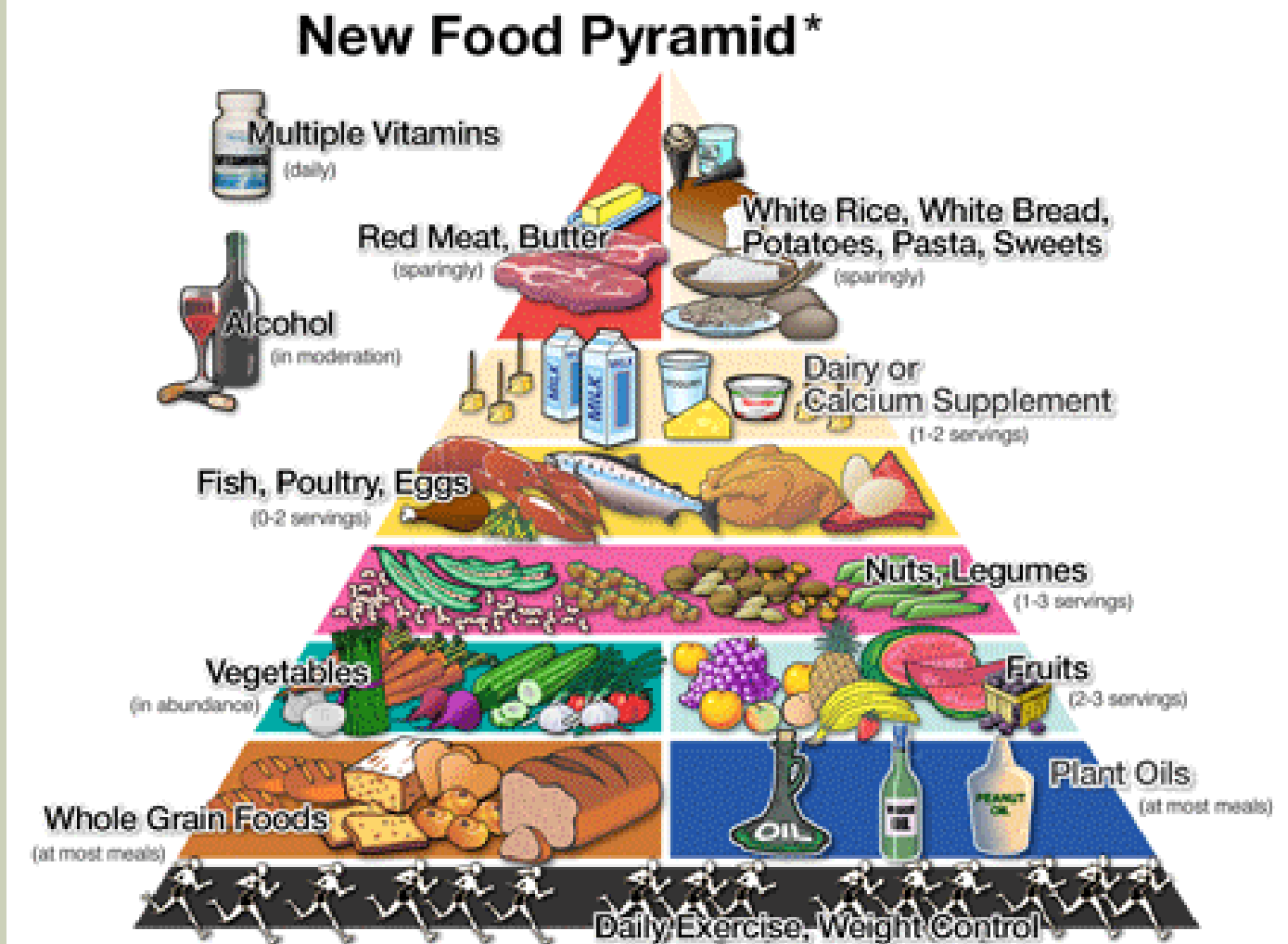
HOW MANY TYPES OF DIABETES EXIST?

- Type I – the body does not make insulin
- Type II (adult onset) – the body does not produce enough insulin or use it correctly
- Gestational – diabetes that occurs during a pregnancy



WHAT IS A HEALTHY DIET?

WHAT SHOULD WE CHOOSE?



CARBOHYDRATE COUNTING

WHY IS THIS NECESSARY?

[What is diabetes?](#)
[A Healthy Diet](#)
[Carbohydrate
counting](#)
[Meal planning](#)
[Controlling blood
glucose levels](#)

- 10-30% fats & proteins converted to glucose taking several hours;
- 58% carbohydrates converted to glucose after 3-4 hours.
- Carbohydrates affect BGL mostly after meals.



CARBOHYDRATE COUNTING

HOW IS THIS DONE?

- Make a meal plan
- Know your meal plan
- Try to control carbohydrates and calories



CARBOHYDRATE COUNTING

DOES THIS MEAN NO SUGARS?

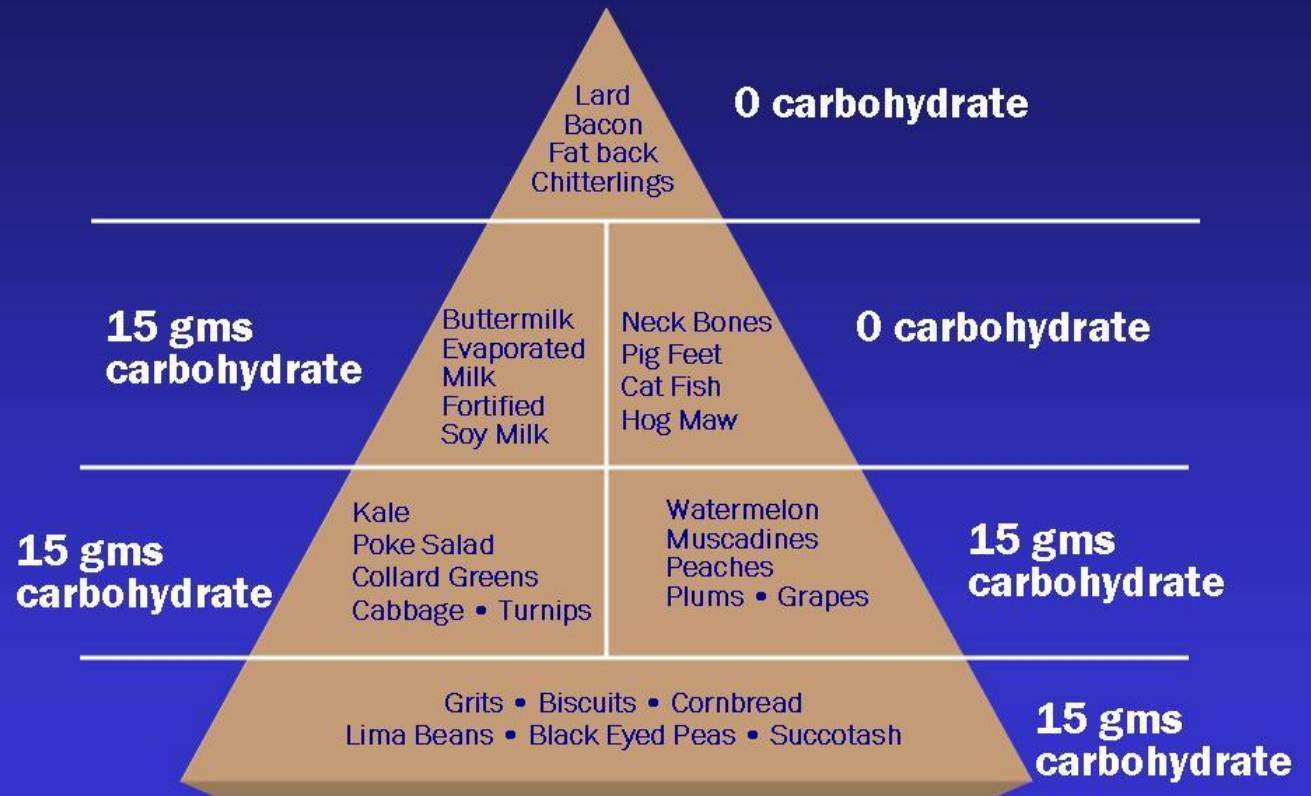
- **NO!**
- Spread out carbohydrates and sugars
- Control amounts



WHAT IS CARBOHYDRATE COUNTING?

HOW SHOULD WE DISTRIBUTE CARBOHYDRATES?

Diabetes Soul Food Pyramid



MEAL PLANNING

WHAT DOES THIS MEAN?

- Breakfast
- Snack
- Light meal
- Snack
- Main meal
- Snack



MEAL PLANNING

WHAT SHOULD THIS INCLUDE?

- Eat more starches
- Eat 3-4 fruits and vegetables every day
- Eat sweets and sugars in moderation
- Keep fruit as snacks between meals rather than immediately after meals
- Watch out for biscuits,... marked as *suitable for diabetics*.



CONTROLLING BLOOD GLUCOSE LEVELS

WHAT ELSE CAN BE DONE?

- Avoid obesity
- Do regular moderate exercise (care!)
- Weather
- Regular check ups
- Trauma
- Infection
- Night-time



THE ROLE OF FIBRE

HOW DOES IT HELP IN DIABETES?

- Controlling glucose absorption
- Forming bulk in stools
- Controlling metabolism



THE ROLE OF PROTEIN

WHY IS IT IMPORTANT IN DIABETES?

- Maintains muscle mass
- Take protein from plant sources rather than from animal sources
 - Reduce serum cholesterol
 - Reduce nephropathy



THE ROLE OF FATS

WHAT IS IMPORTANT IN DIABETES?

- Small amount of fat is required (30%)
- Use plant fats rather than animal fats
 - Reduce cholesterol
- Avoid obesity
 - Insulin resistance
- Omega-3 fats at least once a week (fish, salmon, mackerel)



ALCOHOL

WHAT IS IMPORTANT IN DIABETES?

- Not more than 2 drinks a day
- Abstinence during pregnancy / lactation
- Increased physical exercise / reduced food intake with alcohol increases the risk of hypoglycaemia



FOODS 'SUITABLE FOR DIABETICS'

ARE THEY REALLY?

- Usually low in carbohydrates but high in fat & calorie content
- Sugar-free drinks suitable for diabetics
- 'Diet' drinks
- 'Light' products



EXERCISE FOR DIABETICS

WHAT SHOULD THEY DO?

- Do moderate exercise
- Monitor blood glucose
- Carry a sweet in pocket
- Eat something before exercising



CONCLUSIONS

WHAT SHOULD BE DONE?

- Plan your diet well
- Avoid obesity
- Do moderate exercise
- Monitor BGL
- Keep BGL under control
- Take fibre
- Control fats
- Control alcohol
- Do moderate & controlled exercise

