

DIABETES BOLT ON RESOURCE FOR TRAINERS

SESSION 1

Mention in key principles of health eating/improving your diet section:

Diabetes is a condition where the level of glucose in the blood goes too high. Eating a balanced diet, managing your weight and following a healthy lifestyle will benefit your diabetes management, blood glucose control and overall health. It will help reduce your risk of developing complications from your diabetes. The foods you choose are an important part of treatment for your diabetes.

The diet recommended for people with diabetes is the same healthy eating advice recommended for the whole family.

SESSION 4

Diabetic Products

May be best mentioned when talking about snacks.

These are not recommended. These products offer no benefit to people with diabetes and may still affect your blood glucose level. They can have just as much fat and calories as ordinary versions so can contribute to weight gain. They can also have a laxative effect.

Sweeteners such as Canderel, Splenda, Hermesetas are safe for people with diabetes to use.

When talking about fruit: There is no need for people with diabetes to avoid eating fruit. It does have some natural sugar in it, but offers many health benefits. Spread fruit intake over the day to avoid a sudden rise in blood glucose levels.

If drinking fresh fruit juice or a fruit smoothie, limit to 1-2small glasses per day.

SESSION 5

Omega 3 Fats: Very beneficial for people with diabetes as they help keep your heart healthy. Eat 2 portions of oily fish each week. Research shows the best way to get omega 3 is from oily fish, not supplements.

At take-away section: Indian – chapatti better choice than naan bread.

Salt substitutes/Lo-Salt

These are not recommended. We recommend you instead try to reduce the amount of salt you use and try alternative seasonings.

USEFUL LINKS

WWW.DIABETES.ORG.UK Diabetes UK 0845 123 2399

Participants can contact their GP/Practice Nurse for more information about their diabetes.

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