

Community Nutrition and Dietetics

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Tell us what you think

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving - it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

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Nourishing foods for diabetes

Bromley Adult Community Dietitians

If you are recovering from an illness and / or have lost a lot of weight, you will need to build yourself up.

The diet for people with diabetes and malnutrition can be different to usual healthy eating and your Dietitian can help you make suitable choices. We hope that this leaflet will help with your food choices.

If you are ill your blood glucose (sugar) may rise, even if you are unable to eat your normal food or drink, so never stop taking your diabetes medication unless advised by your Diabetes team.

Remember that if your priority is to gain weight, your diabetes medication can be increased to allow for a higher intake of carbohydrates.

Please discuss this with your GP or Diabetes team.

Which foods to choose?

The nutrients that give us calories and can help with weight gain are fat, protein and carbohydrate:

Carbohydrate is found in starchy foods (bread, rice, cereal, pasta, potatoes, yams etc.) and sugary foods. Carbohydrates turn into sugar in the blood after digestion. It is important to include some starchy carbohydrate in your meals, however try to avoid having very large portions as this will affect your diabetes control.

Sugary foods increase blood glucose quickly, so can be included in your diet in small amounts, especially if you are not eating well.

Protein is found in meat, chicken, fish, cheese, pulses, eggs and nuts.

Fat is found in oil, butter, spreads, cheese, fatty meat, double cream, mayonnaise and oily dressings / sauces.

Protein and fat do not directly turn into glucose when they are digested and therefore have a modest effect on our blood sugar levels and are a good source of food for diabetics to gain weight.

DO elevate blood glucose



DO NOT elevate blood glucose



How to add energy to your foods

You can add more energy to your food without adding more volume, which will help if you have a small appetite - try the following tips:

- **Fortified milk:** Use one pint of full cream milk per day and add 5 tablespoons (50g) of dried milk powder to one pint of milk, whisk until dissolved. Use this on cereals and to make drinks, desserts, soups, and sauces.
- **To cereals:** add fortified milk or full fat milk, Greek / natural yogurt, 1 handful of fresh or dried fruit.
- **To soups / stews:** add grated cheese, cream cheese, double cream, natural yogurt, dried milk powder, lentils, beans or pasta.
- **To potatoes and vegetables:** add margarine, olive oil, rapeseed oil, grated cheese, cream cheese or white sauce.
- **To sandwiches:** add extra cheese, mayonnaise, peanut butter, coleslaw or margarine.



Main Meals

Try to include the following in your main meal:

- **Some protein:** meat, chicken, fish, eggs, beans / lentils
- **Starchy carbohydrate:** potato, rice, pasta, bread, yam, plantain - around 1/3 of your plate or the equivalent of 2 slices of bread. Avoid having just starchy food as a main meal as this can cause an increase in your sugar levels
- **Vegetables:** with added energy (as previously advised). Prioritise protein and carbohydrate over vegetables if your appetite is very poor, as vegetables are very low in calories

To add extra energy to your main meal please see tips on previous page.

Ready-meals are a good alternative and it is a good idea to have in the freezer for days when cooking may be difficult.

Tip: Choose a ready-meal that has protein and a starchy carbohydrate. Check the food label and choose meals that contain no more than 50g total carbohydrate per portion.



Snack Ideas

- Full fat yogurt, fromage-frais, mousse or fruit fool with less than 15g carbohydrate per 100g. Try stirring in 1 to 2 tablespoons of double cream
- Low sugar custard or sugar free jelly (made with fortified milk)
- Fresh stewed or tinned fruit (in natural juice, avoid syrup) with ice cream or double cream
- 2x digestives or 2 finger KitKat
- Bread sticks and dips with guacamole / hummus / cottage cheese
- Pretzels, Twiglets, rice crackers, or popcorn (can add some butter/oil)
- Creamy soup with a bread roll
- Unsalted nuts
- Pittas are great with high calorie fillings such as chicken tikka, avocado, yogurt and salad or sardines / smoked mackerel
- Ciabatta or focaccia with mozzarella, tomato and pesto
- Toasted teacake, scone or crumpet with cheese or peanut butter

Tip: When choosing a snack, look at the label and try to choose one that contains no more than 20g in total of carbohydrate per portion.

Drinks

When you don't feel like eating sometimes it is easier to get your energy from drinks.

- Try to avoid sugary fizzy drinks as these cause a fast rise in blood sugar levels. These drinks are to only be used to treat a low blood glucose level (below 4 mmol/L) in people who are taking insulin or gliclazide tablets.
- Diet fizzy drinks do not affect blood glucose, however they do not provide any energy or protein.
- Only have one small glass of fruit juice (150mls) a day as it contains a lot of natural sugar.
- Try having milk based drinks using fortified milk i.e. hot cocoa made with cocoa powder and sweetener or a low calorie hot chocolate powder such as Options and Highlights.
- Make smoothies including:
 - ◆ A portion of fruit
 - ◆ Fortified milk
 - ◆ Yoghurt / double cream
 - ◆ Ground nuts



If after following the advice in this leaflet you are still struggling to gain or maintain your weight please talk to your Specialist Dietitian regarding a suitable Nutritional Supplement.