

Food First: For People with Diabetes

Food First is an approach to treating poor dietary intake and unintentional weight loss through the use of every day nourishing foods and drinks.

This booklet was given to you by:

Name:

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Our Values

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Introduction

This booklet is designed for people with diabetes who need to gain weight. The following advice sections will help you to improve your appetite and make small amounts of food more nourishing by fortifying your diet.

- Have regular meals based on starchy foods
- Try to eat three small meals and three snacks a day
- Choose foods and drinks that are low in sugar
- Include some starchy foods which are rich in fibre
- Eat some fruit and vegetables every day
- Cut down on salt
- Include high fat foods regularly.

Regular Meals Based on Starchy Foods

Eating starchy foods at regular times through the day helps to keep your blood glucose within the normal range.

Choose generous helpings from this list of starchy foods at each meal:

- bread
- toast, rolls, pitta bread, french bread
- breakfast cereals or porridge
- potatoes
- pasta
- rice
- noodles, chappatti, naan bread
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Other sources of starch include:

- crumpets, english muffins, teacakes, scones
- biscuits (plain varieties are best eg. crispbread, garibaldi, fig rolls, rich tea, marie water biscuits)
- fruit
- pulses (peas, beans, lentils)
- These starchy foods can be included but should not be used as the main source of starch at any meal.

Try To Eat 3 Small Meals and 3 Snacks Every Day

- Eating “little and often” can be the best approach when you have lost your appetite.
- Do not overload your plate with food. A small portion is less daunting.
- If you find cooking smells off-putting, ask somebody else to do the cooking or have a cold meal or sandwich.
- Chilled or frozen ready made meals are a quick and easy option.
- Try to avoid having a drink just before a meal, as it may spoil your appetite.
- If you cannot manage a meal, try a milky drink instead.

Suggestions for meals and snacks are given later in this booklet

Choose Foods that are Low in Sugar

This is because foods with a high sugar content are quickly absorbed into the blood stream and rapidly increase the blood glucose level.

<p>Try to avoid these foods as they increase your blood glucose level too quickly</p>	<p>Aim to have food and drinks without sugar or have foods from this list instead</p>
<p>Sugar, glucose, fruit sugar, fructose</p>	<p>Artificial sweetener</p>
<p>Jam, marmalade, honey, syrup and chocolate spread</p>	<p>Reduced sugar jams and marmalades</p>
<p>Fruit squash, cordials and fizzy drinks, cream soda, Lucozade, Lucozade lite, Ribena and Ribena light. Milk shakes.</p>	<p>Sugar free, low calorie, No added sugar and diet squash or fizzy drinks. Tea, coffee and water. No added sugar Ribena.</p>
<p>All puddings made with sugar</p>	<p>Use sugar-free dessert mixes or make home-made sugar-free puddings.</p>

Sugar or honey coated breakfast cereals eg. Frosties, Ricicles.	Use low sugar cereal eg. Cornflakes, Weetabix, porridge, Shreddies.
Sweet and chocolate.	Keep to small amounts with meals.
Cakes, and sweet pastries, Sweet biscuits	Use half the normal quantity of sugar in home baking. Choose plain biscuits.
Tinned fruit in syrup	Tinned fruit in natural juice, fresh fruit.

Include Starchy Foods Which Are Rich in Fibre

- Include some high fibre, wholegrain, wholewheat or wholemeal varieties of the starchy foods. The insoluble fibre in these foods helps to prevent constipation. Do not include a lot of these foods, as they can be filling.
- The soluble fibre in porridge and pulses (peas, beans and lentils) helps to control your blood glucose levels and can be included regularly.

Try to Eat Some Fruit and Vegetables Every Day

Fruit and vegetables provide important vitamins and minerals, and you should try to eat some every day. But they do not provide many calories, so they need to be included in small amounts.

- Include a small portion of vegetables or salad with your lunch and evening meal. Vegetables may be fresh or frozen. Choose tinned vegetables in water rather than brine.
- Choose one or two pieces of fruit a day. You can have any type of fruit, whether fresh, frozen, stewed without sugar or tinned in natural juice. If you cannot manage whole fruit, have a small glass of unsweetened fruit juice after one of your meals.
- Dried fruit such as sultanas, apricots, raisins and dates can be added sparingly to breakfast cereals, cakes or puddings.
- Choose different fruit and vegetables each day to ensure you get the vitamins and minerals you need.

Cut Down On Salt

Add less salt to food when cooking and avoid adding salt at the table - use herbs and spices freely for flavouring.

Include High Fat Foods Regularly

Fatty foods are a rich source of calories and need to be included in your diet if you are trying to gain weight.

- Have a pint of full cream milk a day.
- Fortify milk by adding 4 tablespoons skimmed milk powder to each pint, whisking well
- Try milky drinks such as cocoa (with added artificial sweetener) or coffee or instant hot chocolate (Options or Highlights) made with milk.
- Try packet soups made up with milk.
- Choose a sunflower or olive oil based spread and spread it thickly on bread or toast.
- Use rapeseed or olive oil for cooking and frying foods.
- Add margarine, cream or grated cheese to potatoes, sauces, pasta, scrambled eggs, omelette, baked beans and soup.
- Add mayonnaise, salad cream or coleslaw to salads and sandwiches.

Meal Ideas

Breakfast

Add artificial sweetener if you like.

- Porridge made with milk and a little cream.
- Weetabix – with hot or cold milk.
- Boiled, fried or scrambled egg and toast.

Main Meals

Try to include a small portion of vegetables or salad with each meal.

- Macaroni cheese.
- Fish in sauce with creamed potatoes.
- Spaghetti bolognese topped with grated cheese.
- Jacket potato with baked beans and cheese.
- Jacket potato with tuna and mayonnaise.
- Shepherds pie/fish pie with margarine or cheese in the topping.
- Cheese/ham omelette.
- Corned beef hash.
- Creamy curry (eg. korma) and rice.
- Chicken/meat casserole with creamed potatoes.

Sandwiches

- Peanut butter.
- Cheese and pickle.
- Cream cheese and cress.
- Egg mayonnaise.
- Tuna and mayonnaise.
- Pate or liver sausage and cucumber.
- Chicken or ham and tomato.

Between Meal and Bedtime Snacks

- Instant soup made with milk.
- Cheese and crackers.
- Biscuits e.g. ginger nut, digestive, rich tea, fig roll, garibaldi.
- Buttered scone, teacake, crumpets or toast.
- English muffin and cream cheese.
- Small piece of fruit cake/plain sponge cake.

Puddings

- Fruit and ice cream or cream.
- Milk pudding made with full cream milk and artificial sweetener or reduced sugar tinned milk pudding.
- Sugar-free instant whip made with full cream milk.
- Banana and custard.

Hypos

Hypoglycaemia is when your blood glucose level falls too low.

- If you control your diabetes with Metformin/Glucophage or diet then you will not have hypos. If you take other diabetes tablets or insulin, there is a possibility of hypos.

Eating regular meals which contain starchy foods should prevent a hypo. If you do have a hypo:

1. Take 3 glucose tablets or a sugary drink.
 2. Have your next meal, if it is due. Otherwise have a starchy snack eg. 2 plain biscuits or a slice of bread.
- If you are suffering from a lot of hypos this may indicate that you need to eat more.
 - If your appetite is very poor or you are being sick try eating very small amounts of starchy food (eg. 1 weetabix, 1 biscuit, ½ slice toast) every hour.
 - If you are unable to manage solid food, buy milky drinks or over the counter products such as Build Up/Complan and take plenty of sugar-free fluids as well.

