



Diabetes

Diabetes is a common condition where the amount of glucose (sugar) in the blood is too high as a result of the body not using it efficiently. All forms of diabetes result from lack of effective insulin. Insulin is responsible for dealing with sugar once it has been absorbed into the blood stream from the intestine. It has several other roles in which it helps maintain normal body function.

The most common type of diabetes is known as non-insulin dependent diabetes mellitus. People with this condition are invariably a little or very overweight.

They rarely need insulin and the treatment is either diet alone or diet and pills. In this type of diabetes, insulin is produced by the pancreas but it is ineffective.

DIABETIC DIETS - A NEW DIRECTION

The diet for people with diabetes is not a special diet. It is a normal, healthy diet as recommended in Slimtone's Lifestyle plan – which is high in fibre and low in sugar and fat. The G.I. Jumpstart section is highly recommended as all the menus provide slow release energy therefore satisfying appetite for a longer period of time.

RESEARCH INTO DIABETES

Research has shown that diets which include starchy cereals and vegetables actually improve blood sugar levels in diabetics. These food sources contain little sugar but large quantities of dietary fibre. Starches are broken down in the intestine and the resulting sugars are released into the blood more slowly than simple sweet sugars.

FIBRE

Fibre in food slows the absorption of sugar even further; so a diet that is high in fibre and starchy foods provides the best chance of achieving really good control over diabetes. The soluble fibre in oats, beans and pulses has proven really beneficial to diabetics as it slows down the absorption of sugars into the bloodstream. As stated previously The G.I. Jumpstart section of the Lifestyle plan is highly recommended as the foods have slow release energy and take longer for the body to metabolise.

WHY DO DIABETICS NEED TO CONTROL THEIR WEIGHT?

If you are overweight, losing weight can increase the effectiveness of the insulin in your body and this improves diabetic control.

Raised blood pressure and raised levels of blood fats occur frequently in diabetics. Achieving ideal body weight will produce a fall in blood pressure as well as a tendency for blood fats to return to normal levels.

WEIGHT CONTROL

In order to reduce your weight you will need to reduce your daily intake of calories. Because your diet should contain more than average amounts of cereal and vegetable foods rich in fibre, you will find that you will need to reduce the amount of fat you eat. FAT has twice the calories of carbohydrate or protein. As you are eating more bulky, high-fibre food which is filling, this should not be as difficult as it sounds. You will need to restrict obvious fats (such as butter, margarine, oil, fat on meat) and be aware of the hidden fat in foods such as pastry and cream sauces, mayonnaise, fish and meat pate. Once you have adjusted the balance of fibre and fat in this way you will probably achieve lower levels of blood cholesterol and this will decrease your chance of heart disease.

DIET PLAN FOR DIABETICS NOT NEEDING INSULIN

There are 5 golden rules for you to remember:

1. Control your intake of calories - this will come naturally if you follow the guidelines in your Slimtone Lifestyle Plan
2. Follow the GI Jumpstart menu. The slow release foods sustain you longer.
3. Eat less fat
4. Control your sugar intake - sugary foods tend to be high in calories and can lead to rapid rises in blood glucose
5. Have regular meals as suggested in the plan which you will note are colour coded for your convenience. Alternative breakfasts can be found under the blue header in the book, light lunches under green etc.

FOODS TO AVOID

HIGH SUGAR

Mincemeat, lemon curd, jam, marmalade, honey, syrup, treacle, sugar, glucose, chocolates and sweets, cakes, sugar-coated cereals, sweet pastries, sweet biscuits, canned sweetened fruit, canned readymade or instant desserts, sweetened fruit squash, sweetened drinks and mousse.

HIGH FAT

Fried foods, lard, suet, dripping, cream cheese, cream, oils, fat on meat and poultry, mayonnaise and French dressing, salad cream, condensed milk and pate.

FOODS TO EAT REGULARLY

All vegetables especially: peas, lentils, baked beans, dried beans, sweet corn, potatoes (with skin), fruit (with skins), fresh or stewed without sugar.

Wholemeal bread, wholemeal biscuits, wholemeal breakfast cereals, brown rice, wholemeal pasta, wholemeal flour, skimmed milk.

FOODS TO BE EATEN IN MODERATION

Lean meat, fish, eggs, cheese, whole milk, evaporated milk, plain ice cream, yogurt, margarine and butter, corn flour, pastry, white bread, plain biscuits, unsweetened breakfast cereals, white pasta, pudding cereals, unsweetened fruit juices, malted milk drinks, dried fruits, coconuts and nuts.

WHAT NEXT?

Once your weight stabilises, hold on to the healthy eating habits you have learned with your Slimtone programme allowing yourself a little more flexibility in the foods you choose.

WILL EXERCISE AFFECT MY DIET?

You do not need to eat extra food for regular exercise such as walking, swimming etc. which should form part of your normal routine. If you want to take up a strenuous sport such as rowing you may need to modify your daily intake, so you should consult your dietician or there are many fitness coaches at the local centres who have all the necessary experience in this subject.

COMMERCIAL DIABETIC PRODUCTS

These are not a necessary part of any diabetic diet and can be expensive. Fructose and Sorbitol are used as sweeteners in many products. Large amounts of Sorbitol can

cause diarrhoea. Intakes of both sweeteners should be limited to 50 grams (just under 2oz) per day.

SUGAR SUBSTITUTES

Tablet or fluid sweeteners based on saccharine, aspartame or acesulfame K can all be used Splenda and Truvia are both highly recommended.

ALCOHOL

Alcohol need not be avoided but try to limit your intake to one standard drink per day. Don't drink alcohol on its own, where possible drink with meals or snacks.

AVOID:

- ▶ High alcohol drinks such as spirits and liqueurs
- ▶ Low-carbohydrate beers which are high in alcohol and calories.
- ▶ Drinks with high sugar contents such as sweet sherry, port and liqueurs.

Always use sugar-free diet mixers for your drinks; some of the original versions contain a lot of added sugars.

FOR FURTHER INFORMATION VISIT [www.diabetes.org.uk/guide to diabetes](http://www.diabetes.org.uk/guide-to-diabetes)

HEALTH RECOMMENDATION

It is recommended that you consult your GP before starting any eating plan. Slimtone and Marie Griffiths shall not be liable for any injury to health arising out of any diet or exercise recommended by Slimtone or in the Lifestyle Plan.