

Diabetes Education

FOOD AND DIABETES

Food is an essential part of the treatment for keeping diabetes under control, which consists in following a healthy, balanced diet.

- You should eat 4 to 6 light meals a day. It is important to keep to regular mealtimes, especially if you are taking medication. You should eat the same amount at each meal every day.
- Avoid sugars that are quickly absorbed into the system: sugar and honey, fruit juices, special foods for diabetics containing fructose, cakes, sweets, ice cream, sugar-sweetened fizzy drinks and colas - and don't eat more than 2 pieces of fruit a day.
- Control your cholesterol by cutting down the amount of fat in what you eat. Limit your consumption of animal fats (butter, lard, ghee, etc.) and eggs. Cut out cakes and other items made with eggs that you can buy in shops.



Food for a normal day

- You should eat some starchy foods containing slowly-absorbed carbohydrates at every meal. This is the most important part of your diet: bread, potatoes, rice, pulses (which also provide you with plenty of dietary fibre) and pasta.
- A plate of vegetables and a plate of salad. These are essential for the vitamins and fibre they contain.
- Two medium-sized pieces of fruit spread throughout the day and always after meals. Avoid fruit juices, as the sugar in them goes into the blood stream very quickly.
- Two small portions of meat (120-130 grams) or fish (150 g).
- Two large glasses of skimmed milk. You can substitute one glass of milk by 2 skimmed-milk yoghurts or 100 g of fresh cheese.
- Alcohol and coffee: ask your doctor or nurse.



Best

Fish (better than meat)
Olive oil
Chicken, turkey, veal, rabbit and horsemeat
Grilling, baking or steaming
Skimmed dairy products

Worst

The fatty parts of pig or lamb
Seed oil, butter, margarine, lard
Fried foods
Whole-meat dairy products, cured cheese
Sausage meats and pâtés