

Diabetes Insight Top 10 Dietary Tips

Living with any type of diabetes requires changes to an individual's diet which can be confusing for many due to mixed messages. Changes to diet for many people can be overwhelming so it is vital that people have their diabetes management assessed by a specialist practitioner and have their dietary requirements tailored to their needs, as no size fits all. Below are Diabetes Insights Top 10 tips for instant impact in balancing blood sugar levels.

- 1. Go Low GI (Glycaemic Index):** The Low GI Diet is based on the principle of slow releasing foods which help to balance blood sugar levels. At Diabetes Insight is the cornerstone diet for ALL types of diabetes.
- 2. Switch to Wholegrain Bread:** Wholegrain bread as opposed to wholemeal bread is slower releasing and therefore has a Low GI making it more suitable for people with diabetes.
- 3. Limit/Eliminate 'white' foods:** Foods such as white bread, pasta, rice, potatoes have a high GI and more likely to rise blood sugars quickly than their brown counterparts.
- 4. Switch to Sweet Potatoes:** Sweet potatoes have a Low GI value and therefore provide more balanced blood sugar levels than their white counterparts.
- 5. People with Diabetes Must Eat 'Diabetic Foods':** Diabetes specialists no longer recommend 'diabetic' food for people with diabetes. Many of these products are expensive, high in fat and can contain certain artificial sweeteners when taken in large quantities can have a laxative effect.
- 6. Avoid mashed foods:** Mashed foods such as potatoes increase the GI of the food, making it more easily digested by the body and rising blood sugar levels.
- 7. Breakfast like a king, lunch like a prince & dinner like a pauper:** It is vital to watch portion sizes especially at certain times of the day. Just because a food may be ok for diabetes or appear healthy does not allow you to eat more of it. A snack before bedtime is also sensible to keep blood sugars balanced overnight.
- 8. People with diabetes can eat fruit:** People with diabetes can eat fruit, but to limit portion size and avoid squeezed or juiced fruit including smoothies, as many of these remove the fibre content which is vital to balancing blood sugar levels. Certain fruits have a lower GI than others.
- 9. People with diabetes can have alcohol:** The advice for people with diabetes on alcohol is the same for anyone who does not have diabetes, although people with diabetes need to be careful that they should only drink alcohol with a meal, and avoid having alcohol on an empty stomach.
- 10. Limit red meat to one day a week:** People with diabetes should increase their fish intake, so as to provide essential fatty acids for preventing heart disease which is commonly associated with diabetes and limit their red meat intake to one day a week.

If you are confused or overwhelmed in regards to any aspect of your diet and diabetes, Diabetes Insight offers a number of services to provide the support and reassurance that you need. Cookery courses, meal planning, recipe ideas, shopping on a budget and supermarket tours are just some of the services that we provide to people with diabetes nationwide.



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