

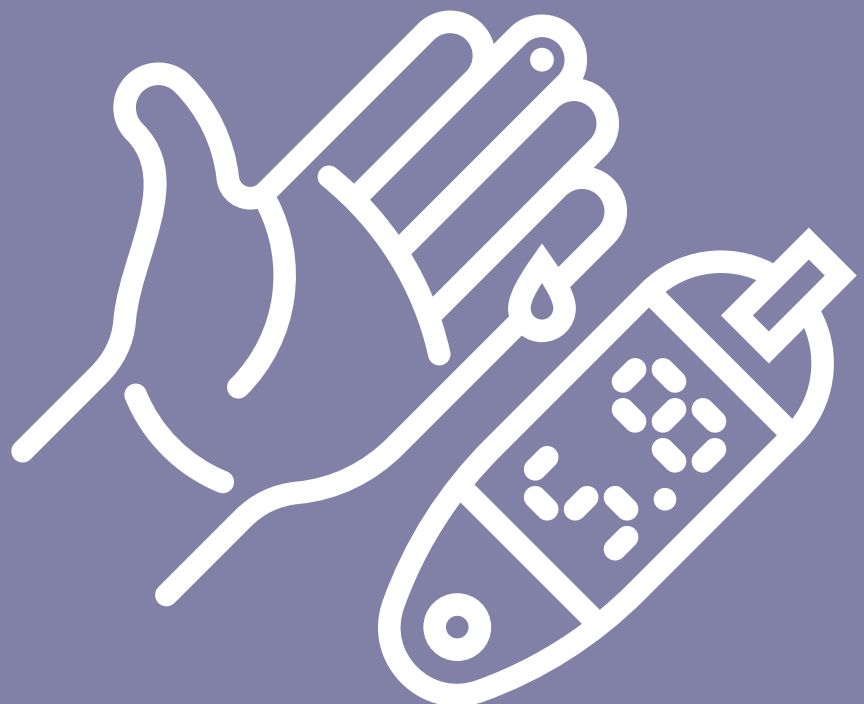


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# Diabetes

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Accessible information about diabetes  
for adults with Learning Disabilities



## It is important to:



**Eat a healthy diet**



**Keep active**



**Take your medication**

## Breakfast



Cereals with bran, oats or wholegrain are best e.g wheat biscuits, porridge



**Avoid** sugar coated cereals



Use skimmed or semi-skimmed milk and add a small amount of fruit if you like



Toast is also good - choose seeded bread instead of white or brown and use low fat spread



A small glass of unsweetened fruit juice counts towards your fruit and vegetable intake but only one glass counts



**Avoid** eating too much fried food. If having a cooked breakfast, try grilling or oven baking instead of frying

## Lunch



Soup with a roll or baked beans on toast are a good hot option



If you are out at lunch you could take something healthy with you like a sandwich and a piece of fruit



If choosing or making sandwiches choose fillings of lean meat such as ham, chicken or tuna with salad are good choices



**Avoid** adding lots of salad cream, mayonnaise or butter as too much of these are not healthy



**Avoid** too many fatty foods such as chips, cakes, samosas, crisps, sausage rolls and pastries

## Evening Meal/Dinner

**Make sure your meal has:**



Vegetables



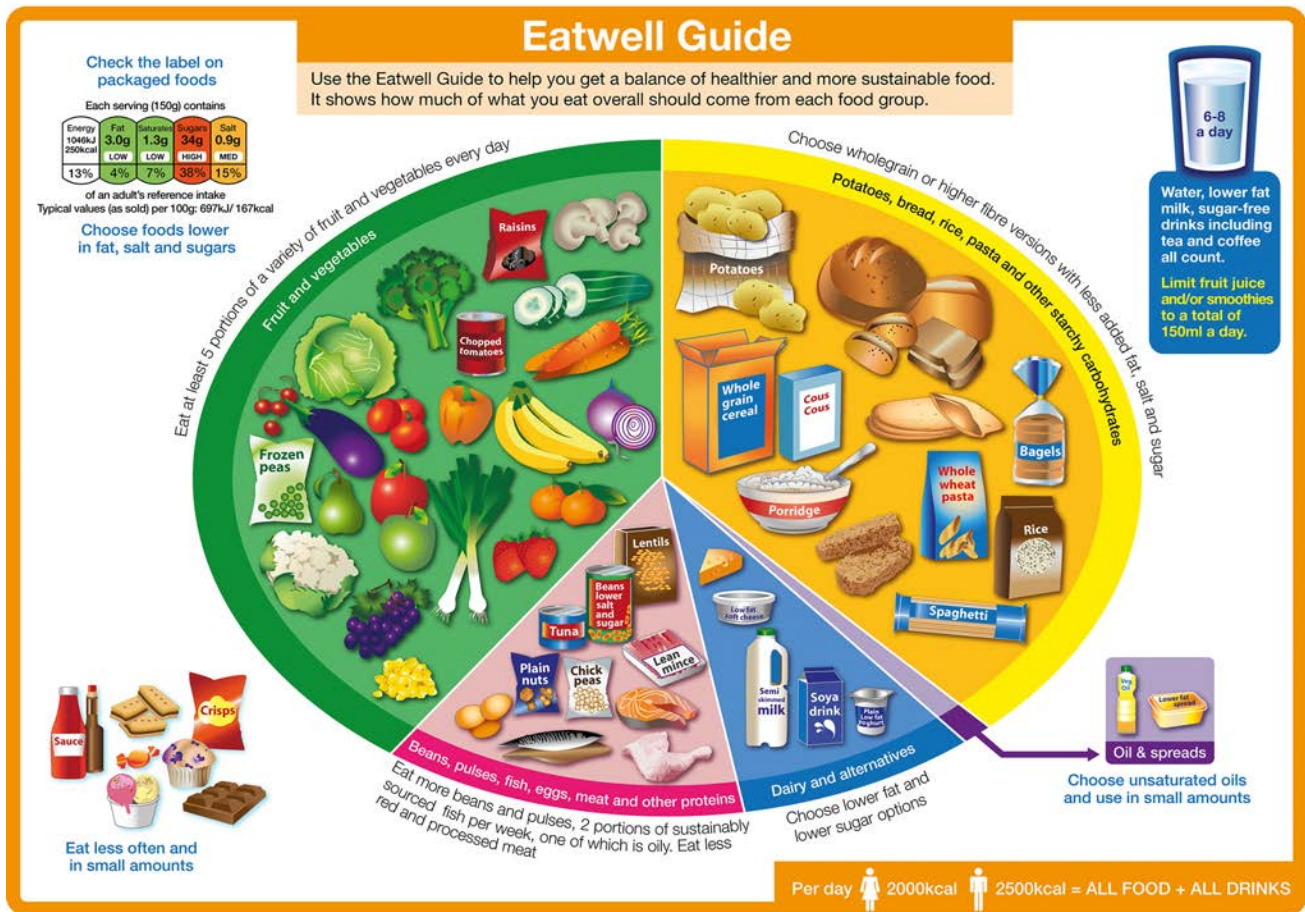
Meat/ fish/ Quorn/ tofu/ beans



Potatoes/ pasta/ rice/ bread/ couscous

Try not to have a dessert every night but if you do want something sweet following your meal you could try:

- sugar free jelly
- plain or low calorie yogurt
- a piece of fruit
- reduced sugar mousse dessert



## Eating Out/ Takeaways

These foods can be high in fat and too much of them is not good for us. They can also be expensive, only have them sometimes!



Choose a regular size  
**don't super size!**



Choose tomato sauces/curry instead of cheese or cream based sauces/ curry



Choose pasta/ burgers without cheese



Avoid extras like garlic bread or dough balls



Choose rice **OR** naan bread not both



Choose boiled rice instead of fried rice or chips

## Supper and Snacks

If you need to snack it is helpful to plan these in advance to help to choose healthy snacks. A small snack is:



A piece of fruit, fruit contains some natural sugar so limit to one portion at a time



Vegetable sticks or breadsticks with hummus or low fat soft cheese



Low calorie yogurt



1-2 plain biscuits

**If you are trying to lose weight it is better not to have snacks or to reduce the amount of snacks you have**

## Drinks



**Avoid high sugar drinks** such as pop, fruit juice/ smoothies and milkshakes have too much sugar



There are lots of low sugar drinks to choose from

- Water
- Diet or zero drinks
- No added sugar squash
- Tea/coffee without sugar
- Low sugar hot chocolate (Options/Highlights/ supermarket low calorie versions)



Alcohol can make your blood sugars drop. You should have no more than 14 units of alcohol per week and avoid having it all on one day, try to spread it over three or more days of the week. Alcohol is high in calories and if you are trying to lose weight it might be good to reduce your intake.

# Hypos

## What is a hypo?

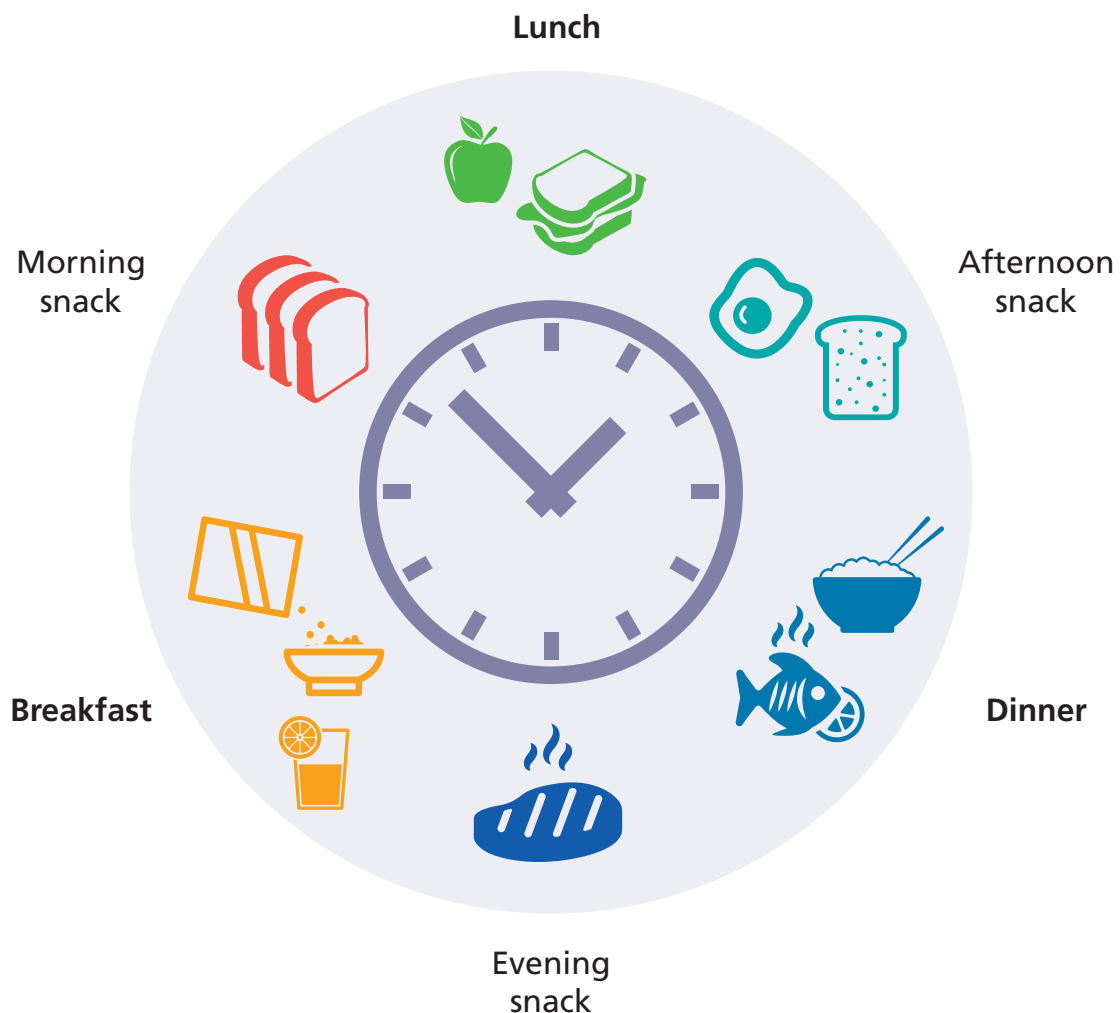
A hypo is a word used to describe a low blood sugar level. A low blood sugar level is below 4mmol/l. You are more likely to get these if you take insulin and some other diabetes medications.



## To prevent hypos

- ✓ It is important that you don't miss meals
- ✓ Include a carbohydrate source at each meal
- ✓ Always take a snack if you are doing exercise

If you feel your blood sugar is low you might feel shaky, sweaty and moody or tired. Your vision might be blurred and you might not be able to concentrate.



## Hypos continued

### To treat a hypo



Have at least 3 glucose tablets

OR



OR 5 sweets such as jelly babies

OR



OR 150ml full sugar pop/small carton fresh fruit juice



**Then** you need your meal or a snack like a slice of toast or a bowl of cereal

## Other things to think about

- ✓ **If you need to sweeten your food and drinks** add sweeteners such as Sweetex/ Canderel/ Stevia/ Hermeseta instead of sugar/ honey/ syrup
- ✓ **Don't choose diabetic products** they can be expensive, can cause stomach ache and are often high in fat
- ✓ **Remember all foods affect your blood sugar levels** so keep your portion size in check
- ✓ **Check your food labels** — red means high. Aim for green for fat and sugar whenever possible
- ✓ **Remember low fat doesn't mean low sugar**

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**Resources :**

Eating well and keeping well—NAGE 2013

Diabetes UK – what is a healthy balanced diet for diabetes

Diabetes UK – hypos and hypers

NDR—Healthy Living with Diabetes

BDA food facts sheets – wholegrains, type 1 diabetes, type 2 diabetes

Images sourced from Google Images.

**[www.dietitiansmentalhealthgroup.org.uk](http://www.dietitiansmentalhealthgroup.org.uk)**