

# YOUR CARE POLMED

February 2021



## 5 ways to improve your diabetes diet

People who make poor eating choices are **16%** more likely to develop type 2 diabetes.

### A HEALTHY DIET CAN HELP YOU:

manage your **weight** and **balance blood sugar levels**



reduce the risk of diabetes-related complications such as **heart disease** and **high blood pressure**



A diabetes-friendly diet doesn't have to be expensive or complicated. Improve your diet with these 5 simple beverage and food swaps:

#### 1. Swap fruit juice and soda for water

An average can of fruit juice or soda contains around **9 tsp of sugar**, therefore it can raise your blood sugar levels.



Sparkling or fruit-infused water (berries or cucumber and mint) will give you that extra taste and still contribute to your daily water intake.



#### 2. Swap sugary cereal for oats

Some cereals contain **4 tsp of sugar** per serving (before you've added your own sugar).



Start your day off with a bowl of oats. It's **high in fibre**, so it will help **regulate blood sugar levels**.



#### 3. Swap processed potato chips for nuts and seeds

An average bag of salted potato chips contains 148 mg of salt – 3% of the recommended daily allowance. This may seem small, but eating chips almost every day adds up and can raise your blood pressure.

It's also **high in calories and carbohydrates** – both of which can raise blood sugar levels.



Unsalted nuts (such as almonds) and seeds (such as pumpkin seeds) are **rich in heart healthy fats**.

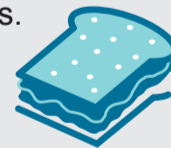


#### 4. Swap fried chicken and chips for a wholegrain grilled chicken sandwich

Fast food such as fried chicken and chips is unhealthy – it contains **hidden salt and sugar**. This may lead to weight gain and insulin resistance.

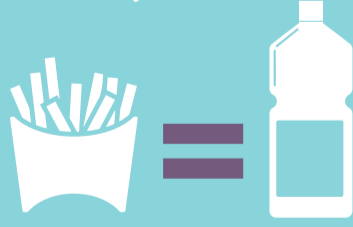


Rather opt for a wholegrain grilled chicken sandwich. The **high fibre** of wholegrain bread combined with **lean protein** in the chicken may help manage blood sugar levels.



#### 5. Swap fried chips for whole baked potatoes

Fried chips uses oil, which can be unhealthy.



Instead, bake your potato as it's **more nutrient-dense** and remember to leave the skin on for extra nutrients and fibre (fibre content is almost halved when a potato is peeled).

Whole potatoes are also low GI, which means it doesn't affect blood sugar levels as much as fried potato chips.



Changing your diet to protect your health can be challenging at first, but will get better over time. Make sure to consult your dietician when making these changes.

#### References

- <https://care.diabetesjournals.org/content/25/10/1722>
- <https://www.livestrong.com/article/283136-how-many-teaspoons-of-sugar-are-there-in-a-can-of-coke/>
- <https://www.ewg.org/research/sugar-in-childrens-cereals>
- <https://www.businessinsider.com/how-much-sugar-is-in-cereal-2017-1?IR=T>
- <https://www.bmj.com/content/361/bmj.k2234>
- <https://link.springer.com/article/10.1007/s13668-013-0063-1>
- <http://main.diabetes.org/dforg/pdfs/Collabs/sodastream-what-can-i-drink-tips.pdf>
- <https://www.diabetes.co.uk/news/2019/aug/omega-3-supplements-may-not-have-health-benefits-for-type-2-diabetes-91937918.html>
- <https://www.diabetes.co.uk/food/fast-food-and-diabetes.html>
- <https://economictimes.indiatimes.com/magazines/panache/what-to-keep-diabetes-away-eat-walnuts-apples-carrots/nuts-seeds/slideshow/64839319.cms>
- <https://www.healthline.com/nutrition/potatoes-and-diabetes#effect-on-blood-sugar>
- <https://www.health.harvard.edu/blog/the-data-are-in-eat-right-avoid-diabetes-2017010510936>
- <https://www.nutritionix.com/usda/snacks-potato-chips-plain-salted-22-chips/513fceb775b8dbbc21002cf8>
- <https://www.endocrineweb.com/conditions/diabetes/treatment-diabetes>
- <https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/carbohydrates-and-diabetes>
- <https://thehealthyating.sfgate.com/benefits-boiled-potatoes-5867.html>