

## Diabetes Diet

### Foods to be Eaten Freely

**Carbohydrate** – Green leafy vegetables, cauliflower, runner beans, mushroom, onions, celery, tomatoes, peppers, swede, turnip, carrots, marrow, leeks and courgette.

**Protein** – Fish, poultry and lean meat.

**Fruit** – All the berries, melon, rhubarb, lemons and grapefruit.

**Salad** – All salad foods but be sparing with dressing.

**Condiments** – Pepper, Mustard, Vinegar, Herbs and Spices.

You may use Artificial Sweeteners. The more natural the food, the better, the more processed a food is the less it benefits you. Exercise regularly.

### Foods to take in Moderation

These food should be eaten as part of a balanced diet but take moderate or small portions.

**Carbohydrate** – Wholemeal Bread, Potatoes, Rice, Pasta, Cereals (not sugar coated), peas, beans, parsnips and squash.

**Protein** – Skimmed or semi-skimmed milk, eggs, baked beans. All nuts. Offal, Processed Meats, Goose & Duck.

**Fruit** – Apple, Orange, Banana (not > 1 a day), Pear, Plum and Peach. Eat Grapes and Dates in small quantity.

**Fats** – Use Olive oil, Sunflower or Safflower oil in cooking and small amounts of butter. Take Cheese in great moderation.

**Alcohol** – Whiskey, Dry White Wine

For best blood sugar control, keep the amounts that you eat from the Bread, Cereal, Rice, and Pasta Group, the Fruit Group, and the Milk Group about the same from day to day. These are the high carbohydrate foods that have the most effect on your blood sugar. They are high in nutrition and important to eat, but keeping amounts about the same from day to day will make diabetes control easier.

### Foods to Avoid

Sugar, Syrup, Cakes, Buns, Biscuits Sweets and Jams (except "Diabetic Jams")

Fizzy drinks, Minerals, Squashes and Fruit Juices unless marked as "No Sugar" or "diet" or "low calorie".

Tinned fruit in syrup.

Beers and Lagers

### Foods to take rarely as a Treat

Cream, Fried foods, Roast foods and Potato Crisps.

Bottled sauces and Chutneys.

Red Wine.

Choose low-fat protein foods like chicken, turkey, and lean meat instead of high-fat ones, like cold cuts, or sausages.

Use a non-stick cooking spray instead of butter, oil, or shortening to "grease" a pan before cooking.

Limit high-fat add-ons like butter, margarine, lard, oil, shortening, salad dressing, and gravy.

Eat less fried food. Try baking, broiling, steaming, grilling, and poaching instead.

Choose 1% low-fat and skim dairy products.

Eat higher-fat cuts of red meat no more than three times a week.