

Diabetes Guide



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PR No: 8410682



Healthy Eating for Diabetes

1. Drink enough water that your urea appears clear.
2. Do not skip meals, this helps prevent binge eating/over eating.
3. Eat regular meals (at least 3 meals per day especially vegetables and fruits).
4. Starch portions must be small so that blood sugar levels can be normal.
5. Eat less fat, fried food and avoid fatty foods and use more plant fats because they are easy to digest and we also need plant fats to keep healthy.
6. Use salt in moderation, Avoid MSG added spices (Like Aromat, beef Cubes, powdered soups etc.)
7. Avoid all foods containing sugar, watch out for ingredients like: fructose corn syrup, glucose syrup, glucose, dextrose (anything that ends with OSE is sugar).

Diabetics need to be careful about the carbohydrates to eat, because their absorption of glucose is poor or their insulin production is not good. Carbohydrates are not all broken down at the same time, there are fast-release carbohydrates which release glucose very fast resulting in high blood glucose levels. These are called simple carbohydrates or refined carbohydrates, during the refining process all fibre is removed hence after eating them they are followed by certain signs like:

Signs of Hyperglycaemia (high blood sugar)

- Thirst and dry mouth
- Tiredness
- Abdominal pain
- Frequent urination
- Extreme weakness

Only insulin or tablets can control these symptoms

There are also slow-release carbohydrates which have a steady release of glucose to blood cells resulting in stable glucose levels, these are known as Low GI carbohydrates. These are known as complex carbohydrates because they contain fibre and nutrients. Complex carbohydrates nourish and enhance energy levels.

Simple carbohydrates avoid: white flour, white rice, white samp, pastries (e.g. pies, sausage rolls), white pasta etc.



Good Sources of Complex Carbohydrates or Wholegrain Starch

(These are better digested during the day i.e. at Breakfast or Lunch only)

- Choose whole grains and foods high in fibre, Avoid processed food
- Eat foods containing fibre (roughage), high fibre product is = 7g-8g per serving
- High fibre diet has about 23g of fibre/day
 - Low GI bread, Whole-wheat flour, Rye flour, Rye Crushed wheat, and Seed bread.
 - Provitas (only the multigrain and wholewheat flavours , Ryvita, Vinta crackers
 - Pronutro whole-wheat/whole-wheat apple
 - Whole wheat pasta/ Spagetti

NB: Wheat Products Contain Gluten – gluten is difficult to digest and can increase sugar levels.

- Amabele/Sorghum, Maltabella, Oats, Taystee Wheat
- Brown rice, Basmati rice, Buckwheat, Brown Quinoa, millet, barley
- Legumes- lentils, split peas, chickpeas, beans,

Starchy Vegetables – these contain sugar

- Pumpkin
- Butternut
- Peas
- Sweet potatoes
- Potatoes

Leafy Vegetables Contain Little or No Sugar

- ***Eat mostly vegetables throughout the day – fruit and vegetables should be eaten as breakfast, lunch, snack and supper, fill half of your plate with leafy vegetables. they contain little or no starch.***

- | | |
|---------------|--------------------------------|
| - Broccoli | - Cauliflower |
| - Baby marrow | - Green beans |
| - Cabbage | - Spinach |
| - Lettuce | - Mushrooms |
| - Tomato | - Peppers (green, yellow, red) |
| - Cucumber | - Gem squash |

Fat

A Fat Free Product is = 0.5g of Saturated fat per Cup

Our food choices must be low in saturated fat, low trans- fat and low cholesterol, but should be high in unsaturated fats:

Avoid frying when cooking, rather steam, boil, stew without adding fat, bake, roast, grill and satuee' with coconut oil or add a spoon of olive oil after cooking.

Add mono-unsaturated daily in your diet (good fats) fats to burn out the bad fat

Choose one fat portion per meal

- 1 teaspoon olive oil, canola, flora oil-ADD TO YOUR FOOD DO NOT FRY
- 1 teaspoon Flora Margarine, Olive Margarine- spread only
- ¼ Avocado pear
- Teaspoon flaxseeds
- 10 Nuts
- Coconut Oil
- Fish and fish products

Protein

Animal Protein (bad fat) = Portion equal to palm of your hand

Choose lean meats, skinless chicken, only 1 portion per meal, only one protein per meal

- Fat free milk/skim milk (half a cup) and
- 100g Fat free yoghurt/Low fat plain
- ½ Cup Cottage Cheese, 30g Feta Cheese Low OR
- 1 Cup Fat maas (amasi oqobo) / Buttermilk
- Eggs, good quality eggs (organic/free range) –one per day

Protein from Fish and Fish Products (good fat)

- Eat 4 spoons Pilchards, Tuna or Sardines in brine
- Grilled or steamed fish (at least twice a week)
- Salmon canned or fresh very high in good fats
- Fish oil or Krill oil take 1 teaspoon daily – Eating fish has more benefits



Plant Protein – Easy to Digest Compared to Animal Protein

10 Nuts (Almonds, Macadamia, Walnuts, Pecan nuts)

- Almond Milk
- Coconut Milk
- Handful of mixed nuts
- 1 teaspoon peanut butter
- Soya products- Milk, Mince, Sausage, Burgers etc.
- Tofu
- Bean sprouts
- Lentils, Chick peas, Dry beans, Peas also contain starch so use them According to your starch Portions.



Salt

- Salt must be used sparingly preferably sea salt.
- Flavour foods with MSG spices, herbs, pepper, lemon juice, vinegar, curry, ginger and garlic
- Avoid foods that are high in salt such as:
 - Processed foods: e.g. Vienna, bully beef, hamburger patties, polonies.
 - Salty spreads such as, fish paste, meat spreads, cheese spreads.
 - Salty snacks like chips, biltong, salted nut, salted popcorn.
 - Rather use Provita cream cracker, unsalted nuts, and unsalted popcorn.

Beverages

- Avoid artificially sweetened drinks including artificial sweeteners
 - Drink plenty of water, at least 2 litres per day.
 - Tea without milk –rooibos tea, green tea, and camomile tea.
 - Cocoa
 - Herbal teas
 - Vegetable juices

Alcohol

Alcohol also contains sugar alcohols which can result to uncontrolled sugar levels, poor secretion of insulin, weight gain or a fatty liver.

Only 1 glass of red wine (120ml-240ml) for females and two glasses for males, 1-2 light beers with a meal, will not trigger glucose levels

This amount of alcohol should be followed by drinking plenty of water to prevent dehydration.

Sauces

- Use 2 spoons only of sauces that have no added MSG
 - Fat free salad dressings and sauces.
 - Chutney lite (weigh-less)
 - Trim mayonnaise

Fruit

- Have a maximum of 2 fruit portions a day i.e.
 - 4 dried prunes
 - 4 pieces of dried fruit
 - 10 grapes
 - 1 cup of strawberries
 - ½ Cup fruit salad

1 fruit choice = 1 fruit

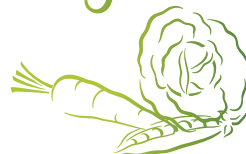
Healthy Snacks

- Nuts, unsalted peanuts, or plain yoghurt (All in small portions)
- Fruit or Hand full of peanuts and raisins
- Leafy green vegetables can be used as snacks without portion control.

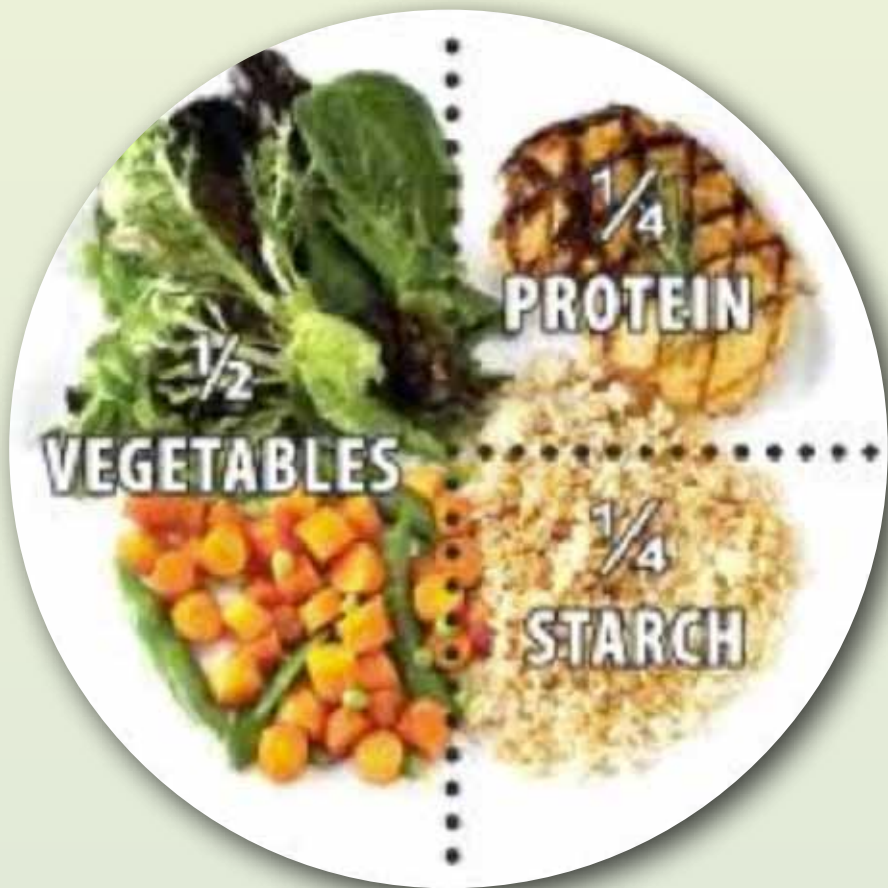
Sugar cravings can be blocked by adding a portion of sweet vegetables- pumpkin or sweet potato, or Peas or Carrots in your meals once a day, or using supplements that prevent carbohydrate cravings.

Take Aways

Opt for grilled fish or grilled chicken with vegetables according to your daily portions instead of chips.



Food Portions



Nutrition Labeling: NB: Ref: Krause etal. 2008

Sample for reading labels

1

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

2

Amount Per Serving

Calories 250 **Calories from Fat 110**

3

% Daily Value*

Total Fat 12g **18%**
Saturated Fat 3g **15%**
Trans Fat 3g
Cholesterol 30mg **10%**
Sodium 470mg **20%**
Total Carbohydrate 31g **10%**
Dietary Fiber 0g **0%**
Sugars 5g
Protein 5g

4

Vitamin A **4%**
Vitamin C **2%**
Calcium **20%**
Iron **4%**

*Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on
your calorie needs.

5

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,300mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

1 Start Here

2 Check Calories

3 Limit these Nutrients

4 Get Enough of these Nutrients

5 Footnote

6 Quick Guide to % DV

- 5% or Less is Low
- 20% or More is High

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