

## NHS Diet Advice for Diabetes

The NHS (and Diabetes UK) recommend a healthy, balanced diet that is low in fat, sugar and salt and contain a high level of fresh fruit and vegetables.

### NHS dieticians' advice

These sums up the NHS approach to controlling type 2 diabetes with diet.

Eat plenty of starchy carbohydrates

- Eat carbohydrate foods with a low GI
- Avoid high GI foods, especially between meals
- Eat regular meals and healthy snacks
- Don't miss breakfast
- Don't skip meals
- Avoid all unhealthy/hydrogenated fats
- Choose low-fat dairy products
- Check food labels
- Choose lean meat and remove fat and skin
- Avoid fried and fast food, and baked goods
- Keep hydrated and avoid binge-drinking

### Base meals upon starchy carbohydrate

The NHS advises people, including those with diabetes, to base meals around food with starchy carbohydrate such as:

- Potatoes
- Cereals
- Pasta
- Rice
- Bread

The advice has caused some controversy over people with diabetes.

### Have plenty of fruit and vegetables

The Department of Health recommends we eat at least 5 portions of fruit and vegetables a day. The 5 portions should ideally be different fruit and vegetables.

Fruit juice counts as one portion, and a smoothie can be up to 2 portions.

### Eat less saturated fat

The NHS recommends people to eat less saturated fat and advises eating foods containing unsaturated fats such as:

- Oily fish
- Unsalted nuts
- Avocados

Rather than foods containing saturated fat such as:

- × Cheese
- × Biscuits
- × Sausages
- × Pies

Choosing leaner meats such as chicken or trimming fat off cuts of red meat can help to reduce saturated fat.

### Eat more oily fish

Oily fish is a good diet option because it contains important minerals as well as being a good source of omega-3 fats. Eating at least 2 portions of fish a week is recommended, with at least 1 of those portions being oily fish.

### Eat less sugar and salt

Cutting down on sugar comes expected for people with diabetes. It is also recommended to cut down on salt.

The Department of Health advises eating less than 6g of salt each day.

### What is considered high salt levels?

Foods with more than 1.5g of salt per 100g are considered to be high in salt.

### Eat breakfast

The NHS advises eating breakfast each day and not being tempted to skip the first meal of the day.

Research shows that a low GI breakfast can help to prevent overeating through the rest of the day.

### Keeping hydrated

Aim to drink at least 1.2 litres of fluid each day.

Note this includes tea, coffee, milk and fruit juice but does not include alcohol. On warmer days, more than 1.2 litres of fluid may need to be consumed.



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[www.diabetes.co.uk/diet/nhs-diet-advice.html](http://www.diabetes.co.uk/diet/nhs-diet-advice.html)

[www.patient.co.uk/doctor/Diabetes-Diet-and-Exercise.htm](http://www.patient.co.uk/doctor/Diabetes-Diet-and-Exercise.htm)