

Eatwell plate for diabetics

June 2016 – Annemette Jepsen, MCSP and nutritionist

Fruit and vegetables

- Low in fat and calories
- High in vitamins, minerals and fibre
- All fruit contains a small amount of natural sugar, some more than others like grapes and mangoes. Spread your fruit intake over the day to minimize the amount of sugar that you take in at any time.
- 5 a day (fresh, frozen, tinned or dried)
- If you eat a balanced diet you don't need to take vitamin or mineral supplements.

Carbohydrates

- Slow-release carbohydrates at each meal (wholegrain bread, -pasta, -rice, potatoes, porridge/wholegrain cereal).
- They keep the glucose level stable as they are broken down slowly and therefore helps to control the glucose level. They are a good source of energy.
- Fibre helps with weight loss. It fills you up without adding to calories.
- You don't need to eat brown rice or bran with every meal, also vegetables and beans are good.

Protein

	Women	Men
Age (years)	15-18	15-18
Grams per day	37.1 g	46.1 g
Age (years)	19-50	19-50
Grams per day	36.0 g	44.4 g

- Good sources are: eggs, fish (oily fish 1-2 a week), meat, dairy products.
- Some can be high in fat, so use lower-fat or diet version.

Salt

- Only 6 grams (one heaped tablespoon) of salt per day.
- If you have high blood pressure, eat no more than 3 grams of salt per day (half a teaspoon).
- Calculate salt in a products by multiplying sodium level (often found on the label of tins or packets by 2.5 (two and a half times).
- Instead of salt add: herbs, spices, lemon juice, pepper and garlic.

Food high in fat and sugar

- Sugary foods (cakes, sweets, biscuits, chocolate, fizzy drinks etc.)
- No harm to have them few times once in a while, but take sugar-free or low-sugar as alternatives.
- They are digested fast and will increase your sugar (glucose) level in your blood.
- Eat sugary foods with a main meal because the sugar is more slowly absorbed when eaten with other food types.