

Diet for Diabetes

- Difficult as it may be, the first step is to create a regular eating and exercise pattern within your lifestyle. As your insulin therapy includes multiple daily injections you do have more flexibility in what and when you eat but it remains important to establish a regular pattern.
- To improve the glycaemic load of meals it is important to make sure that you mix carbohydrate foods with protein foods at all meals and snacks, e.g. meat with potatoes, fruit with yoghurt, provita with cottage cheese, toast with peanut butter. Incorporate the concept of Glycaemic Index (GI) and Glycaemic Load (GL) in the context of a balanced eating plan.
- Diabetes is associated with an increased risk of cardiovascular disease, therefore all fats of animal origin should be limited. Plant oils and peanut butter are allowed. Choose low/medium fat cheeses and low fat cottage cheese and yoghurt.
- Alcohol LOWERS blood glucose. If you are going to have a drink NEVER drink any alcohol on an empty stomach, always with food!
- Fruit/fruit juices do contain glucose, sucrose and fructose and do affect blood glucose. Recommend that you always mix fruit with protein as a snack or eat the fruit immediately after meals. Fruit is limited to 2 – 3 servings a day or 2 fruit plus 1x200ml fruit juice.
- The best liquid is water/mineral water/soda water! Milk drinks may be used as snack. Milk is food!