

Managing Your Diabetes

A guide to ordering meals
Department of nutrition and
dietetics





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Aim of this guide

The aim of this diet sheet is to provide you with the relevant information to help you manage your diabetes and stay nourished, while in hospital.

Diabetes and a high protein & calorie (HPHC) diet

If you have a poor appetite, a reduced dietary intake, or you have unintentionally lost weight, we recommend you order a 'High Protein/High Calorie Diet'. You may see this written as HPHC.

To locate choices higher in protein and calories (energy), look for the following symbol:



Nursing staff may also identify that you require a HPHC diet. They can offer advice and support if you need assistance when choosing your meals.

Nursing staff and dietitians may monitor your dietary intake by completing a food chart during your hospital admission. This helps to determine whether or not you will need additional nutritional support to help you stay nourished.

Diabetes and General Healthy Eating

If you are eating fairly well and your appetite has not been affected by ill health, then we recommend you continue to adopt a general healthy diet. To assist you with choosing from the menu, you can opt for the meal options with the heart shape beside them:



Alternatively, we would recommend trying to choose options with a lower carbohydrate (starches & sugars) content. The

higher the amount of carbohydrates, the more likely your blood glucose level will rise.

E.g. the jelly contains 14.3g of carbohydrate.

Alternative lower carbohydrate dessert or snack options include:

- Cheese and biscuits
- Smooth fruit yogurt
- Fresh fruit

As a general guide, approximately 30-60g of carbohydrate is normal for a meal, including a healthy dessert.

The carbohydrate content of the meals, snacks and desserts are available on our Ycloud (intranet) pages. They can be located on both the Diabetes and Nutrition and Dietetic Ycloud page. Please ask a member of staff for a copy.

We recommend you choose lower carbohydrate options because if your blood glucose levels are consistently elevated above 12mmol/L, you are at greater risk of;

1. Infections
2. A delayed recovery,
3. Long term side effects, such as heart disease and eye problems.

Important notice:

It is important that you include some carbohydrate with each meal if you are taking **Gliclazide** or **Insulin** as both of these are associated with increased risk of hypoglycaemia.

Your Knowledge of Carbohydrates

It is important to include carbohydrate with each meal if you take quick acting insulin (e.g. NovoRapid, Humalog, Humulin S). This will help prevent avoidable hypoglycaemic episodes which can potentially be very dangerous. Carbohydrates are the foods that will cause your blood glucose levels to rise.

Limited Carbohydrate Awareness

If you are unfamiliar with carbohydrates we suggest you follow the advice on page 4 regarding diabetes and general healthy eating.

As a guide it is advisable that you only administer your quick acting insulin if you are consuming a meal with more than 20g carbohydrate.

Therefore you would not administer your quick acting insulin, e.g. if you are eating a salad with meat/cheese that does not include any form of carbohydrate such as potato or bread.

DAFNE Educated - Type 1 Diabetes

(Dose Adjustment For Normal Eating)

The DAFNE approach aims to help you manage your blood glucose by matching insulin to the carbohydrate in the food you eat.

If you are DAFNE educated continue to adjust your insulin doses according to the carbohydrate content of your meals with the aid of the values in the diet sheet provided.

Note that during times of ill health you may need to temporarily increase your carbohydrate portion (CP) ratio.

Carbohydrate Content of Foods

The carbohydrate content of the meals, snacks and desserts are available on our Ycloud (intranet) pages. They can be located on both the Diabetes and Nutrition and Dietetic Ycloud page. Please ask a member of staff for a copy.

Please note: the values on the data sheets are for an exact portion and therefore may differ slightly depending on whether a small or larger portion is requested or served. Therefore, please consider them a guide and use your judgement.



Glossary

Carbohydrate

This is an umbrella term used to describe starches and sugars. Examples of sugars include Fructose (fruit sugar), Lactose (milk sugar) and Sucrose (table sugar). These are broken down in the body into glucose which we then use for energy. This is what we measure when checking blood sugar levels.

Cardiovascular disease

Cardiovascular disease (CVD) is a class of diseases that involve the heart or blood vessels. Cardiovascular disease includes coronary artery diseases (CAD) such as angina and myocardial infarction, commonly known as a heart attack.

Diabetes | Type 1 Diabetes

Type 1 diabetes develops when the insulin-producing cells in the body have been destroyed and the body is unable to produce any insulin.

Type 1 diabetes accounts for about 10 per cent of all adults with diabetes and is treated by daily insulin doses - taken either by injections or via an insulin pump.

It is also recommended to follow a healthy diet and take regular physical activity.

Type 1 diabetes can develop at any age but usually appears before the age of 40, and especially in child-hood. It is the most common type of diabetes found in childhood.

Diabetes | Type 2 Diabetes

Type 2 diabetes develops when the insulin-producing cells in the body are unable to produce *enough* insulin, or when the insulin that is produced does not work properly (known as *insulin resistance*).

When there is not enough insulin available to fuel cells in our body, glucose builds up in the blood and causes it to be raised. We call this hyperglycemia.

Type 2 diabetes usually appears in people over the age of 40, though in South Asian people, who are at greater risk, it often appears from the age of 25. It is also increasingly becoming more common in children, adolescents and young people of all ethnicities. Type 2

diabetes accounts for between 85 and 95 per cent of all people with diabetes and is treated with a healthy diet and increased physical activity.

In addition to this, medication and/or insulin are often required.

Hyperglycaemia

The term hyperglycaemia is used to describe the situation when blood glucose levels are raised above your set target for more than 2 hours after eating. This is a sign there is not enough insulin available to fuel cells in your body.

Hypoglycaemia

The term hypoglycaemia (hypo) is used to describe the situation when your blood glucose drops too low i.e. below 4mmol/L, whether you have symptoms or not.

Insulin

Insulin is a hormone. It works as a chemical messenger that helps your body use the glucose in your blood to give you energy. You can think of it as the key that unlocks the door to the body's cells. Once the door is unlocked, glucose can enter the cells where it is used as fuel.



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