

TIPS FOR DIABETES MANAGEMENT

Nutrition Tip

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TIP 1 – TACKLING STARCH

- Eg. Bread, grains, cereal, pasta, potatoes



- Foods from this group are highest in carbohydrate, hence affect your blood glucose levels the most
- Pick foods that are absorbed and digested slowly to reduce the sugar spike (eg. *Wholemeal varieties, oats, brown rice, all-bran cereals, etc*)
- Eat starches and grains with added protein or small amounts of healthier fats

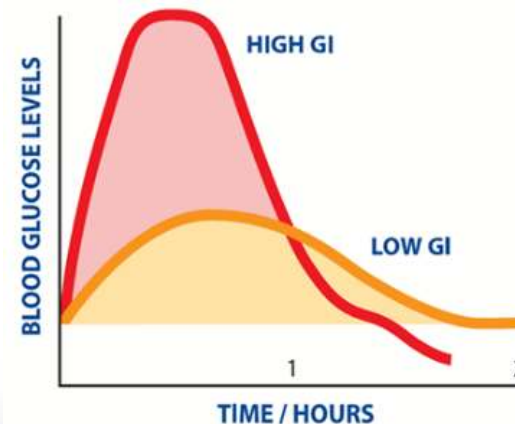
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GLYCEMIC INDEX (GI)

- GI is a measure of the effects of carbohydrates on blood glucose levels.
 - > High GI : Breaks down rapidly during digestion, causing a spike in blood sugar
 - > Low GI : Breaks down slowly, releasing glucose gradually into the blood. *A low GI diet is recommended for diabetics*



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WHAT AFFECTS GI?

- Different types of carbohydrate results in different glycemic response. *Pasta has a lower GI than noodles and rice.*
- The more you cook a carbohydrate food, the faster-releasing it gets. *Boiled potato has a lower GI than baked potato. Similarly white rice has a lower GI than porridge.*
- Eating some healthy fats and protein with your carbohydrates slower your blood sugar spike. *Have an egg or tuna sandwich instead of plain bread.*
- Fibre is an indigestible carbohydrate. The more fibre a food contains, the slower is the breakdown of carbohydrate. *Brown rice has a lower GI than white rice*



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TIP 2 – ALCOHOLIC DRINKS

- Alcoholic drinks have calories but no nutrients
- If taken on empty stomach, they can make your blood glucose level go too low. *(To avoid this problem, eat some carbohydrate containing food when drinking alcohol)*
- Limit intake to 1-2 standard drinks per day with 2 alcohol free days per week
 - 1 standard drink:*
 - > 285 ml regular beer
 - > 100 ml wine
 - > 30 ml spirits



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TIP 3 – SUGAR CONTROL

How much is too much ?

- Added table sugar –
Most health professionals recommend that the intake should not exceed 10% of total calories
- On average, we consume 2000 calories a day. That translates into < 12 tea spoons of sugar a day. Ideally, consumption should be spread throughout the day



A typical 250ml can of soft drink contains 6 tea spoons of sugar

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TIP 4 – EXERCISE

Do you know ?

Exercise improves insulin sensitivity

The recommendation ?

The American College of Sports Medicine and the American Heart Association recommend moderate cardio exercise for 30 minutes a day, 5 days a week



Anything from brisk walking to easy jogging or treadmilling or swimming or dancing counts

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