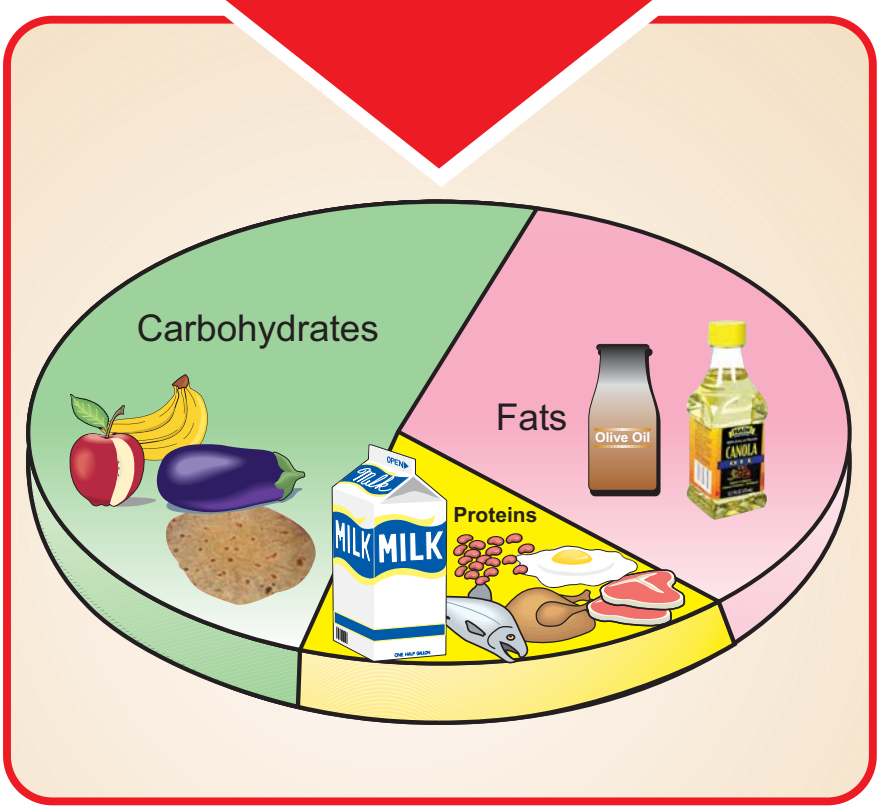


# Healthy Eating for Diabetic

A Guide For Patients/Families



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## What Is Diabetes?

Diabetes is a condition in which your body cannot properly store and use food for energy. The fuel that your body needs is called glucose, a form of sugar.

If you have diabetes, you have too much sugar (glucose) in your blood. Sugar in the blood comes from food containing carbohydrate foods (sugars and starches).

One of the main aims of treatment of diabetes is to keep the levels of sugar in the blood as near to normal as possible. Eating a healthy diet is the key for trying to achieve this. The diet for diabetes is a healthy way of eating which is recommended for the whole population.

## What to Eat and What to Avoid?

Some do's and don'ts of the diabetic diet are as follows:

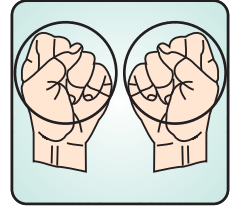
<b>Do Use</b>	<b>Do not Use</b>
<ul style="list-style-type: none"><li>• Plain high fiber cereal, e.g. porridge Weetabix, Bran flakes</li><li>• Use sweeteners e.g. Canderol, Sweetex, etc, but intake should be limited to three tablets/day.</li><li>• Fresh fruits 3/day preferably with peels.</li></ul>	<ul style="list-style-type: none"><li>• Sugar-coated and refined cereals</li><li>• Sweet puddings and desserts, sweet cakes and biscuits, tinned fruit in syrup, ordinary soft drinks, sweets, toffees, chocolates.</li><li>• Additional sugar to food and drinks.</li></ul>

## Handy portion guide\*

Your hands can be very useful in estimating appropriate portions. When planning a meal, use the following sizes as a guide:

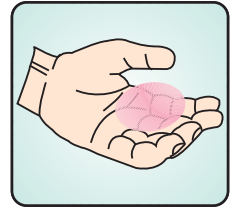
### Grains and Starches;

Choose an amount up to the size of your fist



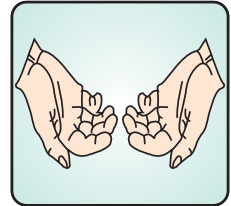
### Fruits;

Choose an amount up to the size of your fist



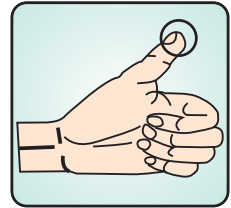
### Meat & Alternatives;

Choose an amount up to the size of the palm of your hand the thickness of your little finger



### Vegetables;

Choose as much as you can hold in both hands.



### Fats;

Limit fat to an amount the size of the tip of your thumb.

### Milk and Alternatives;

Drink up to 250ml (8 oz) of low fat milk

\* Handy portion guide: Just the Basics, Canadian Diabetes Association.

## Why Healthy Diet?

A healthy diet is important to help control your blood sugar levels, keep you at a healthy weight, and reduce the risk of high blood pressure and heart disease. Some tips for healthy diet are as follows:

1. Eat at 5-6 small frequent meals per day. Each meal should contain, high fiber starchy food, food containing protein as well as some fats.
2. High fiber starchy food include whole-wheat chapatti, rice or khichri whole-wheat bread, etc.
3. Vegetable (except potatoes) and fruit provide starch, fiber & natural sugars, include them in each meal.
4. Protein is found in lentils (dal) include dals and beans, fish, chicken, meat and eggs. Try to eat fish up to twice a week. (but not fried)
5. Eat less fat and oil – try not to fry foods. Grill, steam or oven bake.
6. Try skimmed and low-fat cheeses.
7. Choose olive oil for salad dressing and spread/sandwich made from olive oil.
8. Avoid “special diabetic food and slimming foods”, e.g. diabetic rasmalai or sweets.
9. Try to reduce the amount of salt you use – little in cooking but none at the table.
10. If you drink alcohol, try to avoid it.
11. Have a glass of lassi or cup of yogurt and a piece of fruit to complete your meal.
12. Add green tea between meals instead of soft drinks, juices or regular tea.

If you need to lose weight, you may also need to reduce your intake of fatty foods, for example, by cutting down on pastry, fried foods, crispies, nuts, and by changing to low fat milk and low fat cheese. These are your guidelines but your individual dietary needs will be assessed by your dietitian or nutritionist.



## **IDEAS FOR MEALS**

### **Breakfast**

High fiber cereal with milk  
or  
Whole bread or chapati with egg white

Unsweetened tea or coffee

### **Main Meal**

Chicken/mutton/Lentils (Dals) /beans/yogurt

Vegetables/salad

Brown bread/rice/whole wheat bread, whole wheat/chapati

### **Snack meal**

Brown bread sandwich /cholay/whole wheat biscuits

or 5-6 pc of nuts (unsalted)

Fresh fruits, bedtime 1 glass of low fat milk

### **Drinks**

Tea or coffee or green tea without sugar.

These are general guidelines for your knowledge. Please consult your clinical nutritionist/dietitian or health care professional before following the meal plans.

## Important Note:

Food provided during hospitalization to patients is disease specific and during stay food from outside hospital is not permitted. Written and verbal instruction related to dietary restrictions is explained by clinical nutrition staff, where applicable.

### Outpatient Nutrition Care Clinics

#### **Nazerali walji building (NW 2)**

Phone: (021) 3486-5789/ 3486-5790

Monday to Thursday

Timings: Morning 9.00am -11.00am

#### **Consulting Clinic (CC 4)**

Phone: (021) 3486-1034

Friday

Timings Evening 14.00pm - 16.00pm

#### **Sports & Rehabilitation Clinic (Sports Centre)**

Phone: (021) 3486-1662

Tuesday

Timings: Morning 9.00am -11.00am

#### **Nazerali walji building (NW 1)**

Phone: (021) 3486-5781

Monday to Thursday

Timings: Morning 9.00am -4.00pm