

GOOD FOOD CHOICES

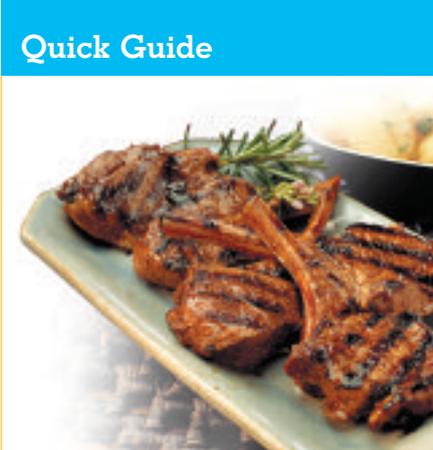
for Managing your Type 2 Diabetes

If you have Type 2 Diabetes, you don't need to diet in the traditional sense of the word. But you do need a new, healthier lifestyle change.

A weight loss of a mere 5-10% of your current weight will result in a significant improvement in your health and diabetes control. If you eat healthily and exercise regularly you will also improve your:

- blood lipid levels (cholesterol and triglycerides)
- blood pressure
- risk of long term complications.

Plus you will have more energy and feel great!



Bord Bia

Irish Food Board
www.bordbia.ie

NDP

National Development Plan 2007-2013

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Irish Practices Nurses Association



IRISH HEART FOUNDATION

The aim is to develop new habits which you can stick to for life. Find little things that work for you.

Our intake of food is not only controlled by physical feelings of hunger and feeling full. Sometimes eating can be a compulsive reaction to events happening in our life. Be aware of the potential stress factors that send you heading for the fridge and decide on a strategy to combat them.

For instance:

- If a mid-morning chocolate snack is part of your day, stock up (at home and in work) **on fruit and low-fat yoghurts** to replace it. Snacking in itself is fine but it is what you snack on that is the issue
- Allow yourself the occasional small treat - but make the most of it. **Plan it into your day and eat slowly!**

If you really are hungry, then you need to eat. But it's all about replacing – not removing! Snack Attack? Try:

- A handful of **grapes**
- **Wholemeal crackers** with hummus
- Low fat **yoghurt**
- Half a **bagel** with low fat cream cheese.



Sometimes you can lose the sense of when you are hungry and when you are full. If this describes you, then it is important to know what amounts of food are reasonable for a person of your size, age and activity level. Ask your doctor or nurse to help you with this. Distract yourself from food when possible by:

- **Drinking water** - sometimes we think we are hungry when we are really just thirsty.
- **Brushing your teeth** – sounds strange but it is distracting – and less fattening than a chocolate biscuit!
- **Phoning a friend** – for support and motivation.

PROTEINS

- Enjoy up to **3 x 150g servings of lean red meat (beef, lamb and pork) a week.**
- An egg a day is ok, unless your cholesterol is high. If it is, you can still eat between **4 to 6 eggs per week.**
- Eat oily fish (such as salmon, trout, fresh tuna, sardines, herring and mackerel) twice a week.

FATS

Fat is less effective at satisfying your hunger than carbohydrate or protein.

On top of that, your body is more inclined to store fat than carbohydrates and protein.

Less healthy saturated fat is found in butter, cream, cheese, lard and food made from these such as: cakes, biscuits, pastries and fried foods.

It's important to realise that because you have diabetes, you also have an increased risk of heart disease and stroke.

'Good' fats like polyunsaturates and monounsaturates, in appropriate quantities, should be eaten on a daily basis as they have been proven to help prevent heart disease.

- **Polyunsaturated fats** are found in: nuts, seeds, and spreads labelled 'high in polyunsaturates'.
- **Oily fish** (salmon, mackerel, trout) also contain protective fat and should be eaten twice a week.
- **Monounsaturated fats** are found in olive oil, rapeseed oil, avocado and some spreads.

CARBOHYDRATES AND SUGARS

When you cut down the fat in your food, be extra careful what you replace it with. Try not to go for the sugary options. With diabetes you don't have to completely avoid sugar. However if you are also overweight you should cut out sweet foods. Studies have shown that a small amount of sugar (20g per day) does not affect the regulation of your blood sugar, but it is important to divide your sugar intake evenly throughout the day, e.g. no more than 5g at a time.

This is the equivalent of:

- A home-made ice pop made with reduced sugar squash (diluted with water and frozen)
- 1-2 plain biscuits
- Low fat, reduced sugar homemade cake - Remember sweet foods should be eaten very sparingly **and only as an occasional treat** - try not to indulge on a daily basis.

Eat more soluble fibre found in oats and cereals made from **oats such as porridge or unsweetened muesli, and pulses (peas, beans and lentils)**. It has been shown to lower the amount of cholesterol absorbed from the intestine into the body.

Eat **five portions of fruit and vegetables** throughout your day.

5 BREAKFAST IDEAS

1 PORRIDGE

Porridge made with low fat milk, topped with a dessertspoon of mixed seeds.

2 MUESLI

Home made unsweetened muesli made with oats, some nuts, plenty of seeds and a little dried fruit, topped with low fat milk or yoghurt.

3 BANANA

A banana, chopped in a bowl with low fat yoghurt and a dessertspoon of chopped nuts.

4 EGGS

Wholegrain toast, topped with poached eggs and grilled tomatoes.

5 KIPPERS

A nutty seedy slice of bread toasted and topped with kippers or sardines.



5 LUNCH IDEAS

1 SOUP

Your own homemade vegetable soup or a fresh lentil or bean-based vegetable soup with wholegrain crusty bread.

2 PITTA

Wholemeal pitta stuffed with plenty of fresh undressed salads, olives, a scraping of low fat mayonnaise and thin slices of turkey, chicken or lean ham.

3 SALMON

Grilled salmon steak topped with Cajun spices and served with a large crisp green salad.

4 OMELETTE

Omelette made with 2 eggs and lots of vegetables such as onions, courgette and peppers.

5 MACKEREL

Smoked mackerel salad with lettuce, tomato, cucumber and mixed leaves, with a drizzle of low fat dressing or balsamic vinegar.



2 HEALTHY DINNER IDEAS

BARBECUED LAMB CUTLETS



Steamed green vegetables (mangetout, green beans or broccoli) are the perfect accompaniment to this tasty lamb dish.

Guideline Daily Amounts

	CALORIES	SUGARS	FAT	SATURATES	SALT
Women	2000	90g	70g	20g	6g
Men	2500	120g	95g	30g	6g

All GDAs are based on recommendations for an average adult of healthy weight and average activity level. It is important to remember that these are just a **guide**, not targets.

COMPLEXITY easy
TIME 8min
SERVES 4
METHOD bba/grill

8 lamb cutlets, well trimmed
1 tablesp. balsamic vinegar
1 tablesp. olive oil
Freshly ground black pepper

Mix the vinegar and oil together in bowl. Dip the cutlets into the mixture, season with freshly ground black pepper. Cook on a pre-heated barbecue or grill for three minutes on each side.

Serve with a spoonful of your favourite salsa or relish or try mixing together some chopped cherry tomatoes, cucumber and fresh coriander, a squeeze of lime juice, olive oil and seasoning.

Also try steamed potatoes served with a sprinkling of fresh thyme leaves.

Nutritional analysis per serving (includes potatoes, salsa and vegetables):

ENERGY	PROTEIN	FAT	IRON	CARBOHYDRATE
347KCAL	32.5G	17.5G	3.17MG	15.8G

MEXICAN EGGS IN THE PAN



Reduce the fat content by using a non-stick pan and leaving out the oil.

1 ½ tablesp. olive oil
1 large onion, chopped
8 ripe tomatoes, chopped
5-6 scallions, chopped
1 chilli, chopped
2 cloves garlic, chopped
½ teasp. ground cumin
pinch of sugar
4 eggs
ground black pepper
1 tablesp. coriander, chopped

Heat the olive oil in a frying pan. Sauté the onion until golden. Add the tomatoes, scallions and chilli and cook gently for 5-6 minutes. Then add the garlic, cumin, sugar and black pepper. Break an egg in each quarter of the pan. Continue cooking until the eggs are just the way you like them. Sprinkle with the chopped coriander and serve with warm flat bread or pitta bread.

Nutritional analysis per serving:

ENERGY	PROTEIN	FAT	IRON	CARBOHYDRATE
140KCAL	8.5G	7.3G	2.17MG	10.7G

COMPLEXITY moderate
TIME 10min
SERVES 4
METHOD pan