



York Teaching Hospital
NHS Foundation Trust

Type 2 – Diabetes

First line dietary advice

Information for patients, relatives and carers

① For more information, please contact:

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Caring with pride

Contents	Page
Introduction	3
Swaps to reduce sugar	4
Notes	6
Tell us what you think of this leaflet	7
Teaching, Training and Research	7
Patient Advice and Liaison Service (PALS).....	7

Introduction

- Diet plays a very important part in the treatment of your newly diagnosed diabetes.
- Enclosed are ways to balance your diet and help the management of your diabetes.
- If you are overweight **losing weight** will help you to control your diabetes.
- Losing weight slowly (i.e. 1-2lbs per week) is more effective than crash dieting and usually ensures that the weight stays off.
- Attendance on a structured education programme or a one to one session with a diabetes nurse or dietitian will help you understand your dietary needs.

Swaps to reduce sugar

Foods high in sugar	Low sugar alternatives
Do not add sugar to any food or drink	Tablet, liquid or powder sweetener, e.g. Canderel, Sweetex, Hermesetas, Splenda
Avoid all sugar drinks, e.g. squashes, fizzy drinks, Lucozade, tonics	Low calorie, no-added sugar, sugar-free or zero drinks or squashes
Avoid sweets, boiled sweets and mints, toffees	Sugar free sweets and mints
Avoid ordinary jams, marmalade, treacle and honey	Reduced sugar jams or marmalade
Reduce sweet puddings made with sugar, tinned fruit in syrup, tinned milk puddings or full sugar jelly, full fat or low fat yoghurts	Fresh or tinned fruit in natural juice. Diet, “light” or “healthy” yoghurts and sugar-free puddings or jellies. Use sweeteners in place of sugar in baking
Reduce all sweet biscuits, cakes, iced buns and chocolate	Plain biscuits, e.g. Digestive, Rich Tea, Garibaldi, Ginger Nuts, teacakes, fruit loaf, wholegrain/oat crackers

The following guidelines should be followed until you have had a structured education or a one-to-one session with a dietitian:

- Aim for three regular meals each day
- Reduce portions at meals
- Include some carbohydrate foods at all meals for example, bread, rice, potatoes, pasta
- Aim for at least five portions of fruit and vegetables each day
- Eat oily fish once a week
- Eat fewer sugary foods and drinks
- Eat less fatty foods
- Reduce the amount of salt and salty foods
- Some foods labelled low fat such as yoghurts can contain a lot of sugar which should be avoided
- Maximum 14 units of alcohol per week
- Diabetic sweets, chocolates and preserves are not recommended
- Keep active

Notes:

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:
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Teaching, Training and Research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.

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