**Diabetes – Dietary Advice for Pre-Diabetes**

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| *This dietary advice sheet gives you some general information to help you make the recommended changes to your diet. If you need more detailed advice or if you are following a special diet that makes it difficult to make these changes, please ask your doctor to refer you to a registered dietitian.* |
| If you have **prediabetes** your body is not controlling your blood glucose (sugar) properly, resulting in your glucose level being raised.Pre-diabetes is diagnosed following a blood test called an HbA1c. You have prediabetes if your HbA1c is: above 42mmol/mol and below 48mmol/molThis is too low to diagnose diabetes.**You have diabetes only if:** **your HbA1c is over 48mmol/mol** **You should be offered a regular blood test to check your HbA1c.****Risk factors for prediabetes**A family history of diabetes, poor diet, being overweight and not being active enough are all risk factors for prediabetes.**What can you do?**The hormone insulin controls glucose levels. If you have prediabetes, it means that you are either not producing enough insulin or your body is not using it properly. You can help to overcome insulin resistance by: **losing weight** **improving your diet** **becoming more active**With prediabetes there is an increased risk of developing diabetes. You can reduce this risk by making the changes suggested above. | **Dietary Advice*** Eat regular meals and include a portion of starchy food at each meal such as bread, pasta, potatoes, rice or breakfast cereals. Starchy food should make up 1/4 - 1/3 of a main meal.
* Avoid added sugar and sugary foods (see items below)
* Eat plenty of fruit and vegetables – all fruit contains natural sugar so spread your fruit intake through the day.

Aim to include regularly: peas, beans and lentils – these release glucose slowly (see below)* If you are overweight, cut down on fats. Use small amounts of monounsaturated fats and oils such as olive oil and rapeseed oil. Avoid saturated fats including butter, lard, suet and ghee. Avoid fried foods, cut fat off meat and limit pastry, cakes and biscuits.

Choose lower fat milk and cheese.* Low-fat foods have less than 3g fat per 100g of food. However, be careful of foods that are labelled ‘low fat’, such as biscuits, cakes, desserts and ice-cream. These foods often contain a lot of sugar to replace the loss of flavour from the fat being taken out.
* Low sugar foods have less than 5g of sugar per 100g of food.
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| **Carbohydrate and blood glucose control** |
| Almost all the glucose in your blood comes from the carbohydrate that you eat and drink.There are 2 main forms of carbohydrates in our diets: **sugars** and **starches**.**Sugars*** sugars added to foods and drinks – **these should be kept to a minimum** as they result in a quick increase in blood glucose
* sugars found naturally in milk and fruits – **these can still be included as part of a healthy diet but in moderate amounts**

**Starchy foods*** Examples include bread, potatoes, pasta/noodles, flour, oats, rice and other grain – quinoa, couscous etc.

Starchy carbohydrates are an important part of your diet as they provide us with our main source of energy but the **type** and **portion** **size** will directly affect your blood glucose level.**Type –** some types of starchy foods release their glucose slowly; good choices would be: new potatoes, granary bread, pasta, basmati rice and porridge.**Portions -** A meal containing a large portion of carbohydrate (or combination of various types of carbohydrates) will increase your blood sugar much more than a meal containing a smaller amount.Be aware of your portion sizes - 1 portion is: |
| * Bread
 | 1 medium slice |  |
| * Breakfast cereals
 | 3 tablespoons or 30-50g depending on cereal |
| * Scone
 | 1 small |  |
| * Crackers
 | 2 pieces such as cream crackers, Crispbread, Ryvita, rice cakes |
| * Muesli
 | 2 tablespoons or 40g |  |
| * Potatoes
 | 2 boiled egg sized or 1 medium jacket potato |
| * Porridge
 | 3 cooked tablespoons or 40g |  |
| * Pasta, rice, couscous
 | 2-3 cooked tablespoons or 75g uncooked |
| **Other factors to consider….****Keep Active** – regular physical activity will help manage your weight, reduce your blood glucose levels as well as lower your cholesterol. Start with 10 minutes of walking a day and build to 30 minutes at a brisk pace.**Drink alcohol in moderation only** – Try to stick to no more than 2-3 units a day with no more than 14 units per week.1 unit = ½ pint beer / lager / cider, 1 small glass of wine, 1 standard measure of spiritsAlways choose a low calorie / sugar mixer. Remember that all types of alcohol are high in calories so if you are trying to lose weight it is best to only have the occasional drink. Try to have at least 2 alcohol-free days per week |