

Prediabetes online programme



Waterside PCN

Created by the Waterside Primary Care Network
Health and Wellbeing Team

Information taken from: [diabetes.org.uk](https://www.diabetes.org.uk)

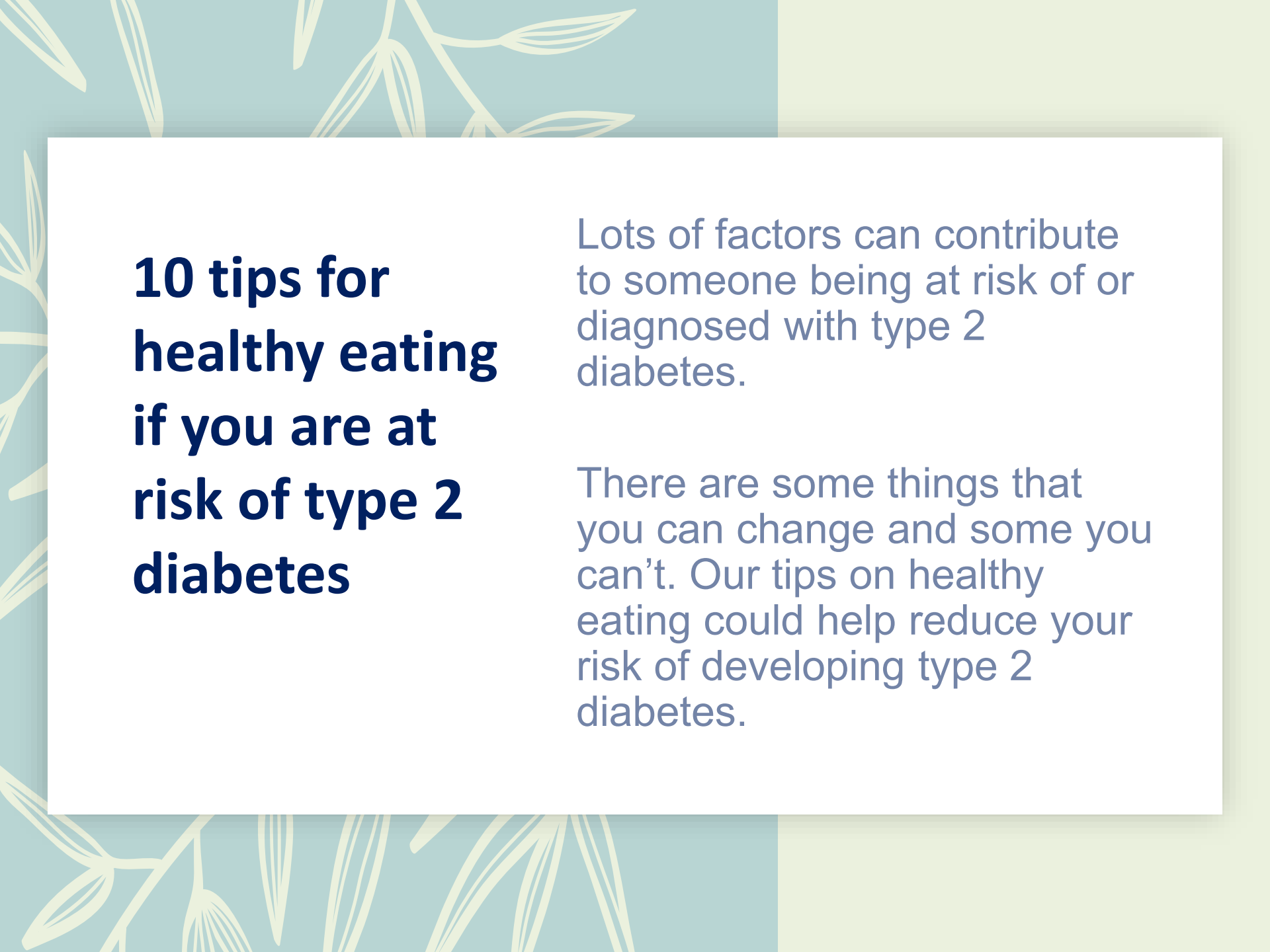
Part 3 – Healthy eating and portion control

Part 3 content:

- **10 tips for healthy eating if you are at risk of type 2 diabetes**
- **Portion control**
- **Recipe ideas**
- **Useful online links**
- **Focus of the week**



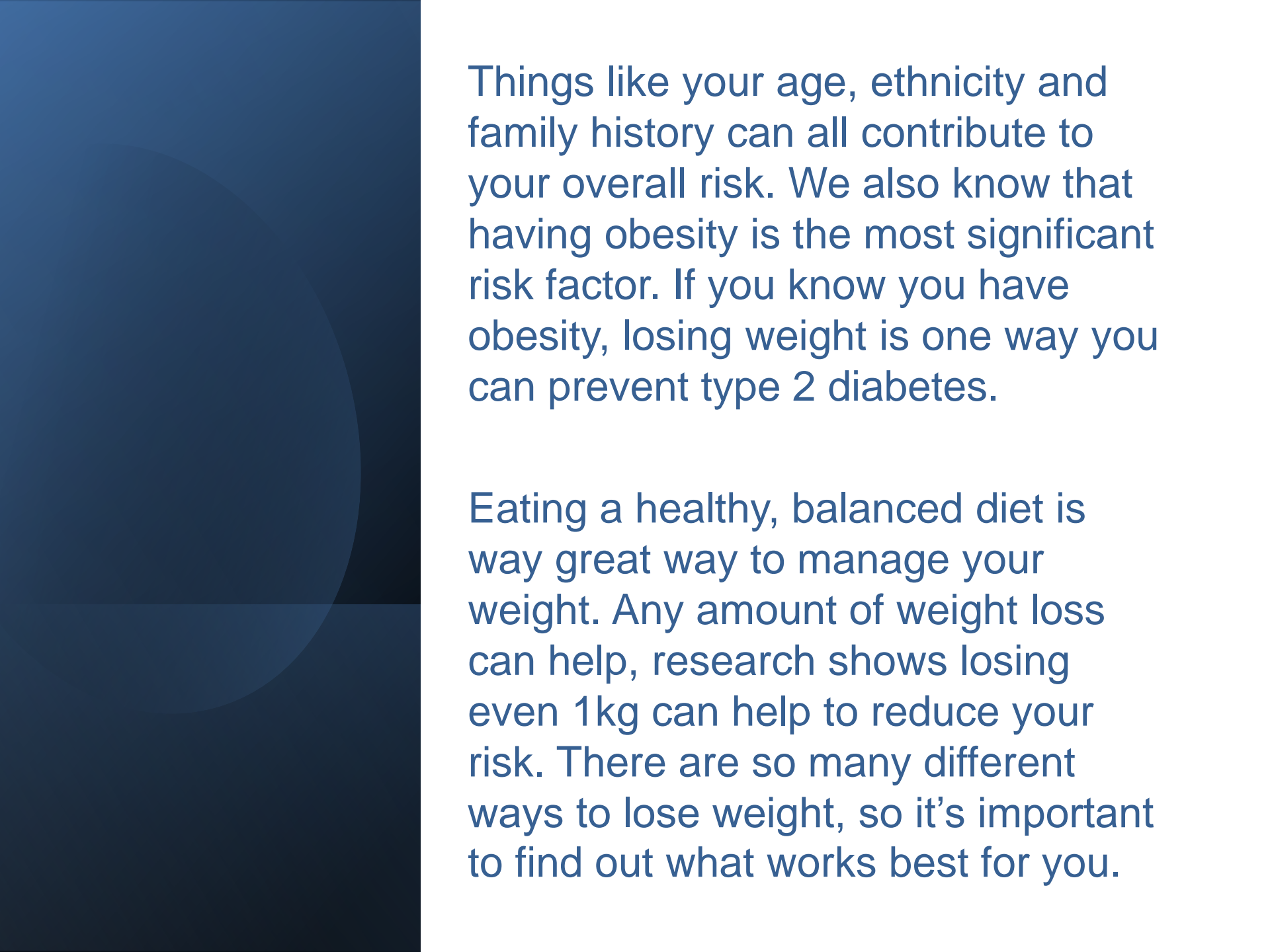
Waterside PCN



10 tips for healthy eating if you are at risk of type 2 diabetes

Lots of factors can contribute to someone being at risk of or diagnosed with type 2 diabetes.

There are some things that you can change and some you can't. Our tips on healthy eating could help reduce your risk of developing type 2 diabetes.

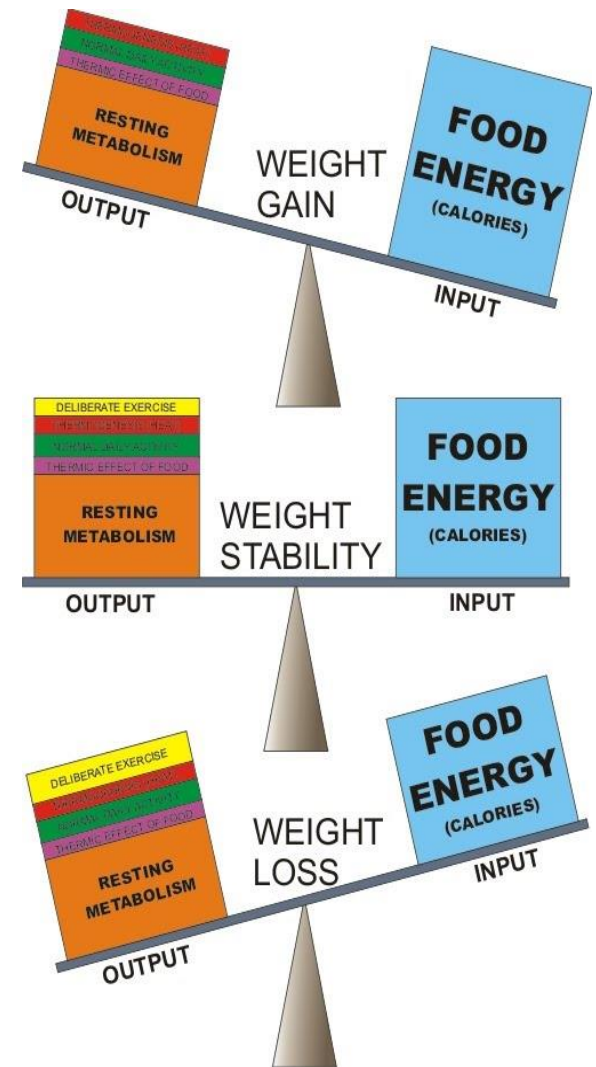


Things like your age, ethnicity and family history can all contribute to your overall risk. We also know that having obesity is the most significant risk factor. If you know you have obesity, losing weight is one way you can prevent type 2 diabetes.

Eating a healthy, balanced diet is way great way to manage your weight. Any amount of weight loss can help, research shows losing even 1kg can help to reduce your risk. There are so many different ways to lose weight, so it's important to find out what works best for you.

Energy Balance

- *If you are eating more than you are burning, your weight will increase (top scale).*
- *You can't out train a bad diet.*
- *Ideally, you need to be aiming for the bottom scale.*



We know that not everyone who is at risk or living with type 2 diabetes is carrying extra weight. But whether you need to lose weight or not, it is still important to make healthier food choices. Research tells us that there are even certain foods that are linked to reducing the risk of type 2 diabetes.



Here are some top tips for healthier food choices you can make, to reduce your risk of type 2 diabetes.

1. Choose drinks without added sugar

We know there is a link between having full sugar fizzy and energy drinks, and an increased risk of type 2 diabetes. Cutting down on these can help to reduce your risk and support keeping your weight down.

Evidence also shows that drinking unsweetened tea and coffee is associated with a reduced risk. If you are finding it hard to cut down, look out for diet or low calorie versions of soft drinks and check there's no added sugar.

Try not to replace sugary drinks with fruit juices or smoothies as these still contain a high amount of free sugar. Try plain water, plain milk, tea or coffee without added sugar, as replacements.

2. Choose higher fibre carbs

Eating white bread, white rice and sugary breakfast cereals known as refined carbs are linked with an increased risk of type 2 diabetes.

But wholegrains such as brown rice, wholewheat pasta, wholemeal flour, wholegrain bread and oats and linked to a reduced risk so choose these instead.

When you're out shopping remember to check food labels to see if a food is high fibre.

Compare different foods to find the ones with the most fibre in them.

Other healthy sources of carbs include:

fruit and vegetables

pulses such as chickpeas, beans and lentils

dairy like unsweetened yoghurt and milk

Having more fibre is also associated with lower risk of other serious conditions such as obesity, heart diseases and certain types of cancers. It's also important to think about your carbohydrate portion sizes.

3. Cut down on red and processed meat

Having more red and processed meats like bacon, ham, sausages, pork, beef and lamb are all associated with an increased risk of type 2 diabetes. They also have links to heart problems and certain types of cancer.

Try to get your protein from healthier foods like:

- pulses such as beans and lentils
- eggs
- fish
- chicken and turkey
- unsalted nuts
- Fish is really good for us and oily fish like salmon and mackerel are rich in omega-3 oil which helps protect your heart. Try to have at least one portion of oily fish each week and one portion of white fish.

4. Eat plenty of fruit and veg

Including more fruit and vegetables in your diet is linked with a reduced risk of type 2 diabetes. But did you know there are also certain types of fruit and veg that have been specifically associated with a reduced risk?

These are:

- apples
- grapes
- berries
- green leafy veg such as spinach, kale, watercress, rocket.
- It doesn't matter whether they are fresh or frozen, try to find ways to include these in your diet. Try having them as snacks or an extra portion of veg with your meals.
- It can be confusing to know whether you should eat certain types of fruit, because they contain sugar. The good news is the natural sugar in whole fruit is not the type of added (or free) sugar we need to cut down on. But drinks like fruit juices and smoothies do contain free sugar, so eat the whole fruit and veg instead.

5. Choose unsweetened yogurt and cheese

Yogurt and cheese are fermented dairy products and they have been linked with a reduced risk of type 2 diabetes. You might be wondering whether to choose full fat or low fat?

When it comes to dairy and risk of type 2 diabetes, the amount of fat from these dairy foods is not as important. What is more important is that you choose unsweetened options like plain natural or Greek yoghurt and plain milk.

Having three portions of dairy each day also helps you to get the calcium your body needs.

A portion of dairy is:

- 200ml (1/3 pint) milk
- 30g cheese
- 125g yoghurt

6. Be sensible with alcohol

Drinking too much alcohol is linked with an increased risk of type 2 diabetes. As it is also high in calories, drinking lots can make it difficult if you are trying to lose weight. Current guidelines recommend not regularly drinking more than 14 units per week and that these units should be spread evenly over 3-4 days. Try to have a few days per week without any alcohol at all).

Drinking heavily on one or two days per week, known as binge drinking, will also increase the risk of other health conditions such as certain types of cancer.

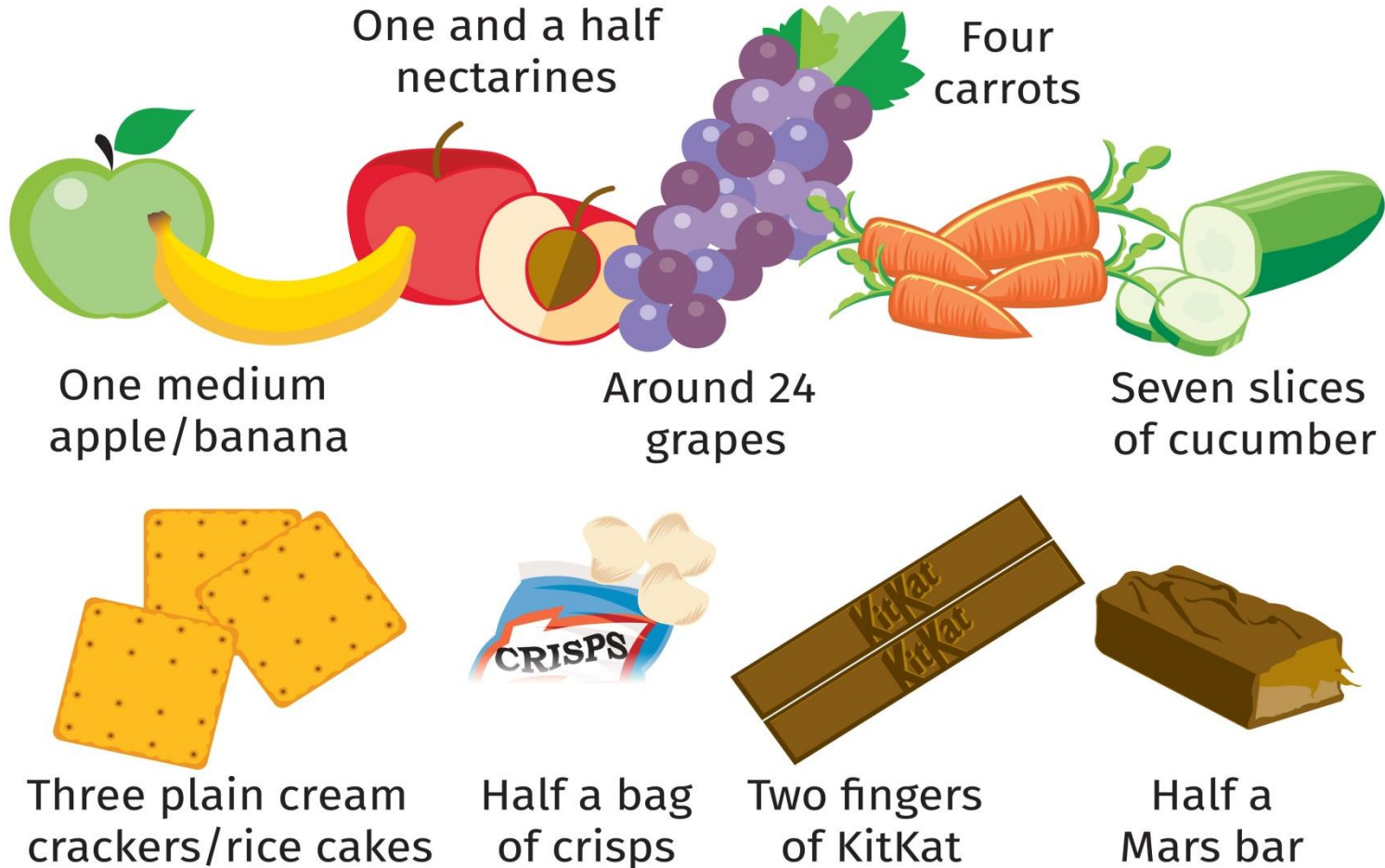
7. Choose healthier snacks

If you want a snack, rather than eating crisps, chips, biscuits, sweets and chocolates, go for things like:

- unsweetened yoghurts
- unsalted nuts
- seeds
- fruits and vegetables

But watch your portions to keep an eye on your weight.

Which do you think has the most calories, and why?



Source: Public Health England/product information. All values approximate

Believe it
or not ...

They are all 100 calories!

Does that mean they all
have the same health
benefits?

Of course not – an apple
has more nutritional
value than a Mars bar,
but you already knew
that, didn't you?

8. Include healthier fats in your diet

It's important to have some healthy fat in our diets because it gives us energy. The type of fat we choose can affect our health. Some saturated fats can increase the amount of cholesterol in your blood, increasing your risk of heart problems.

These are mainly found in animal products and prepared food like:

- red and processed meat
- butter
- lard
- ghee
- biscuits, cakes, sweets, pies and pastries.

If you are at risk of type 2 diabetes, you are likely to be at an increased risk of heart problems so try to reduce these foods.

Healthier fats are found in foods like:

- unsalted nuts
- seeds
- avocados
- olive oil, rapeseed oil, sunflower oil.

We also know that the type of fat found in oily fish like salmon and mackerel is linked with a reduced risk, especially if you are from a South Asian background.

9. Cut down on salt

Eating lots of salt can increase your risk of high blood pressure, which can lead to an increased risk of heart disease and stroke. Having high blood pressure has also been linked to an increased risk of type 2 diabetes.

Try to limit yourself to a maximum of one teaspoonful (6g) of salt a day. Lots of pre-packaged foods like bacon, sausages, crisps, ready meals already contain salt. So remember to check food labels and choose those with less salt in them. Cooking from scratch will help you keep an eye on how much salt you're eating. Instead of adding extra salt to your food try out different herbs and spices to add in extra flavour.

10. Getting vitamins and minerals from food instead of tablets

You might have heard that certain vitamins and supplements can reduce your risk of type 2 diabetes.

Currently we don't have evidence to say this is true. So, unless you've been told to take something by your healthcare team, like folic acid for pregnancy, you don't need to take supplements.

It's better to get all your vitamins and minerals by eating a mixture of different foods.

Lets look at portion sizes



Portion sizes and diabetes

It isn't always easy to get portion sizes right, and it can make managing your weight and blood glucose levels more difficult.

Whether you've got Type 1 or Type 2, it's good to stay clued up on carb portion sizes. Here's a guide with some tips and tricks to help you along the way.

Calories per portion sizes

Pasta Meal (chicken, broccoli & mascarpone)



Getting your portion sizes right

- Using everyday items and household utensils to get your portion sizes right can be really useful. It's an easy way to visualise what a portion should look like.
- See the portion-size guides for popular foods from the five food groups that help to make up a **healthy, balanced diet**.
- Remember, everybody's needs are different so the number of portion sizes you need is individual – and your weight, gender, body composition and activity levels all make a difference. Your dietitian will be able to advise you on the amount of portions that are right for you.

Starchy food

Includes rice, pasta, bread and chapattis for energy.

Choose wholegrain where possible.

One portion is:

- Cooked rice = 2 heaped tablespoons
- Half a jacket potato = 1 computer mouse
- Breakfast cereal = 3 tablespoons
- Boiled pasta or cooked noodles = 3 heaped tablespoons



Dairy food

Includes milk, cheese and yoghurt for calcium, which is essential for strong bones and teeth.

One portion is:

- Semi or skimmed milk = one medium glass (200ml or 1/3 pint)
- Hard cheese = small matchbox (30g)
- Reduced or low-fat cream cheese = two small matchboxes (60g)
- Low-sugar, low-fat fromage frais/yoghurt = 125g pot



Meat, fish, eggs, pulses, beans and nuts

These foods are high in protein, essential to build and replace muscle.

One portion is:

- Cooked lean meat (eg chicken, beef or pork) = deck of playing cards (60–90g)
- Beans and pulses (eg red kidney beans, butter beans, chickpeas or lentils) = 4 tablespoons
- Nuts or peanut butter (unsalted) = golf ball (2 level tablespoons)
- Quorn, tofu or soya = snooker ball (120g)





Fruit

Provides you with important vitamins, minerals and fiber that help protect you against stroke, high blood pressure, heart disease and certain cancers. Part of your five-a-day plan.

One portion is:

- One handful of grapes
- One small glass (150ml) of fruit juice (limit to one portion a day)
- Two small satsumas, clementines or tangerines
- Two medium plums
- Two tinned pineapple rings or 12 chunks in natural juice
- One heaped tbsp raisins, sultanas, currants or dried cranberries
- Seven strawberries

Vegetables

An important source of fiber, minerals and vitamins, and an important part of any five-a-day plan.

One portion is:

- Three heaped tablespoons cooked veg (e.g., carrots, peas, sweetcorn, mixed veg)
- One medium onion
- One large sweet potato
- Two broccoli spears
- One heaped tablespoon tomato purée
- One piece of cucumber (5cm)
- Four large mushrooms or 14 button mushrooms
- Three heaped tablespoons beans or pulses (e.g., kidney beans, chickpeas or lentils)



Foods high in fat and sugar

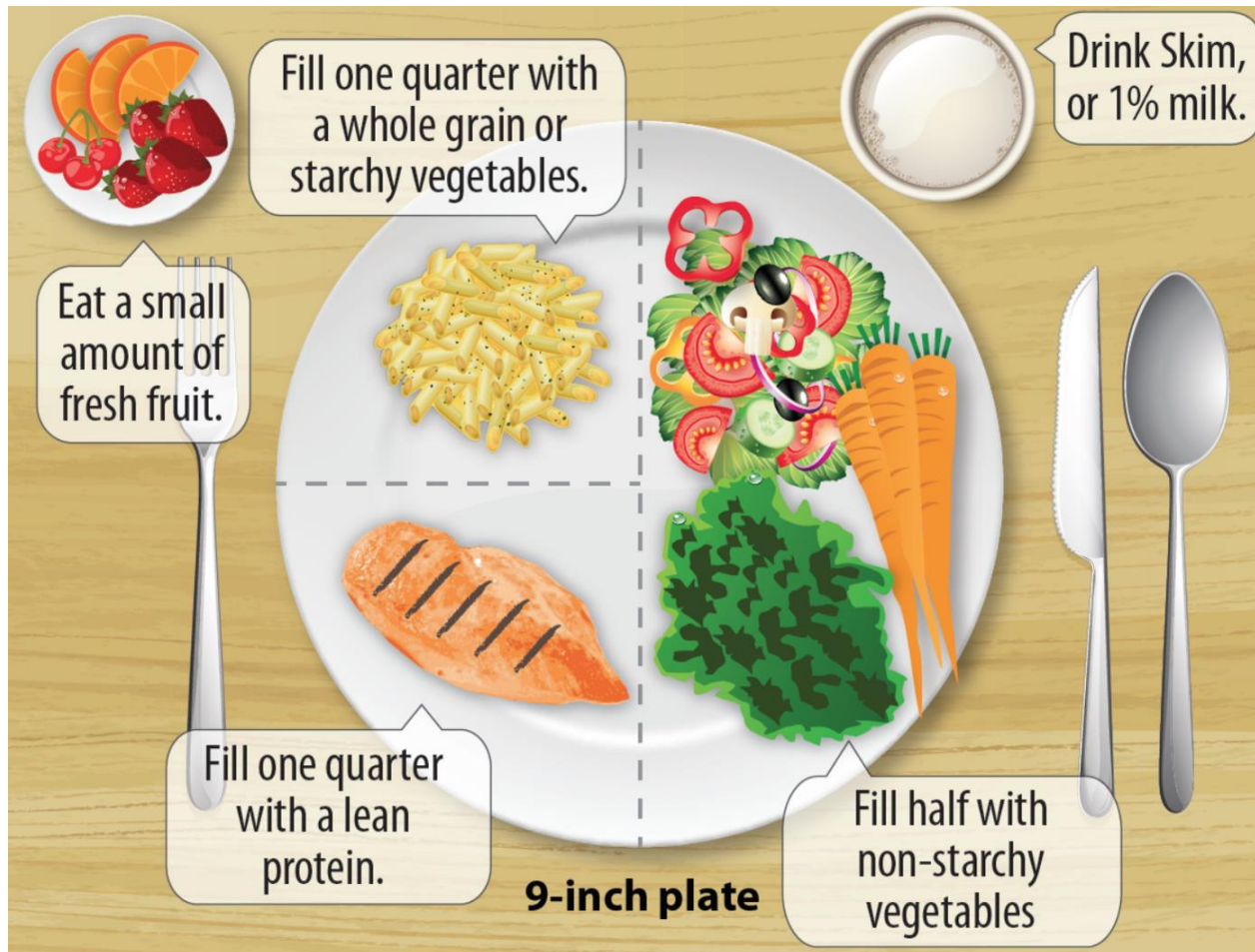
You can enjoy foods from this group as an occasional treat, but they will add extra calories so it's best to keep them to a minimum, especially if you are trying to lose weight.

One portion is:

- Butter/margarine = one dice (5g)
- Low fat spread = two dice (10g)
- Unsaturated oil (e.g. sunflower, rapeseed, olive oil) = 1 teaspoon
- Chocolate = one fun size bar



The plate method



Top tips for managing portion sizes

- Use smaller plates and bowls to help make your portion sizes look bigger.
- Weigh food if you find it hard to gauge portion sizes. Foods like muesli, pasta and rice can be difficult to get right at first, so try using the same container to measure out certain foods.
- Be mindful of what you're eating. It takes about 20 minutes before your brain registers that you're full, so eat slowly, putting your knife and fork down in between mouthfuls.
- Download [**My weight-loss planner \(PDF, 534KB\)**](#) as a way to monitor the food you're eating, including portion size.

Recipe ideas to help reduce your risk of type 2 diabetes

You've read the tips, now time to start cooking. The recipes we have picked out below make the most of the healthy eating tips, to help you on the way to making healthier choices and reducing your risk of type 2 diabetes.

The **Virgin Mojito** is great alternative to alcohol, ideal for parties and celebrations.

If you have the urge for a takeaway, why not make this **Chicken and lentil curry** at home instead?

For light and protein-packed lunches or dinners, why not give some of these a try?

- **Crispy salmon salad**
- **Herby mackerel**
- **Spinach and corn fritters**
- **Chickpea and tuna salad**
- **Minted aubergine with spinach and pine nuts**
- **Golden soup** and **Green kale lentil soup** are great dishes to prepare in advance and keep in the freezer.

For delicious, quick and healthy breakfasts **microwave apple and cinnamon fruity porridge** and **power porridge** will keep you going until lunch.



Useful online links for healthy recipes, calorie and weight management information

- Diabetes UK Healthy Recipes:
<https://www.diabetes.org.uk/guide-to-diabetes/recipes/chicken-tikka-masala>
- NHS Calorie Checker:
<https://www.nhs.uk/live-well/healthy-weight/calorie-checker/>
- NHS Weight Loss Plan:
<https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/>
- Carbs and Cals:
<https://www.carbsandcals.com/healthy-eating/healthy-eating>

Healthy Eating and Portion Control Online Resources

Food Portions:

<https://www.bhf.org.uk/information-support/support/healthy-living/healthy-eating/healthy-eating-toolkit/food-portions>

NHS Eat Well Guide:

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

Dietary Fibre:

<https://www.healthline.com/nutrition/22-high-fiber-foods>

Choosing Healthy Fats:

<https://www.nhs.uk/live-well/eat-well/different-fats-nutrition/>

Diabetes UK – Healthy Recipes:

https://www.diabetes.org.uk/guide-to-diabetes/recipes?gclid=EAlaIQobChMIhfu89s7B8QIVeEJ3Ch3keAQJEAAYASAAEglic_D_BwE



Focus of the week

Think about your food and liquid intake....

What are your portion sizes like?

Are you eating nutritious meals?

Are you using a lot of salt?

Are you sensible with alcohol?

Ask yourself ... do I need to make any changes?