



Food and Diabetes “The First Steps” Practice Nurse Day

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Nutrition recommendations

- No “one size fits all” approach
- There are lots of myths about what people with diabetes are allowed/not allowed to eat
- Be mindful of the source of dietary information – many fad diets eliminate whole food groups and are nutritionally incomplete (see our Diet Comparison document)
- Adopt an evidence-based approach. The latest guidelines acknowledge a variety of eating styles, including the Mediterranean Diet, the DASH Diet, Vegetarian or Vegan Diets, the Nordic Diet and a moderate carbohydrate intake. [Diabetes UK. (2018). Evidence-Based Nutrition Guidelines for the Prevention and Management of Diabetes].
- Keep it SIMPLE!



Simple advice YOU can provide

- **Have regular meals**, 3 meals +/- snacks
- **Choose from our 5 food groups**, including vegetables, fruits, wholegrains, meat/alternatives and dairy foods
- **Limit saturated fat and trans fat** by choosing lean and unprocessed meats and low fat dairy, and include unsaturated fats in moderation
- **Limit junk food and takeaway** or significantly reduce
- **Limit addition of salt** and purchase salt-reduced/no added salt foods
- **Limit added sugars** from drinks (including juice), lollies, chocolate, cakes, muffins, biscuits, etc
- **Increase physical activity** as tolerated. Dept of Health guidelines state 2.5-5-hours moderate exercise spread across the week + resistance exercise 2x week for 18-64 year olds
- **NHMRC Alcohol Consumption Guidelines (2020)** state <10 std drinks/week, and <4 std drinks/day to reduce risk of harm; less is better.



Finding the balance

- The National Health Survey (2017-18) showed only 7.5% of Australian Adults met their vegetable requirements, and only 5.4% met both their vegetable and fruit requirements on a regular basis
- Try to encourage vegetables as being the “star” of the meal, and talk about the plate portion guide
- More than half of our daily intake should be coming from wholegrains and vegetables

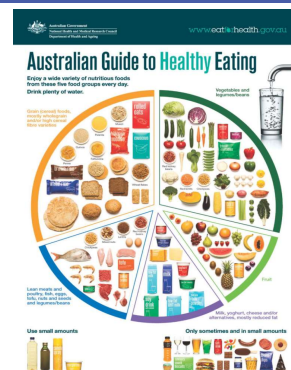
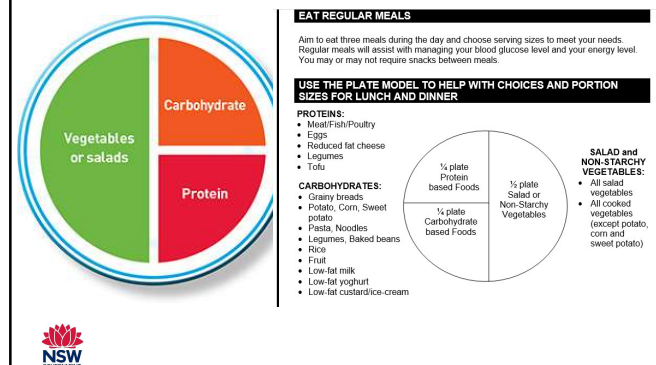


Plate portion guide



Why are carbohydrates important?

- Glucose is the only source of fuel for some organs, such as the brain and CNS
- The body's demand for glucose is constant. Glycogen stores are utilised within 24 hours when carbohydrate intake is inadequate
- Prevent hypoglycaemia
- Provide soluble and insoluble fibre
- Provide B group vitamins
- Help regulate appetite
- Provide fuel for exercise



Carbohydrate counting

- It is advisable for everyone with diabetes to be aware of carbohydrate in the diet, however not everyone needs to learn how to count carbohydrates
- Try to include a small amount of carbohydrate at each main meal
- The amount of carbohydrate someone needs varies from person to person, and is dependent on many factors including (but not limited to):
 - Their post prandial BGL rises
 - Their lifestyle, exercise, work habits
 - Whether they're taking hypo-causing medications (Gliclazide or injectable insulin)
- Dietitians are qualified to teach carbohydrate counting and can use exchanges, portions, serves, or grams of carbohydrate
- The type of carbohydrate is important too (i.e. Glycaemic Index)
- Carbohydrate counting is not a specific diet, more a meal planning approach



Mediterranean diet

- Primarily a **plan based diet**, including lots of vegetables, fruit, legumes, wholegrains, beans, nuts, seeds, herbs, spices and **olive oil**
- It is a **holistic approach**, of fresh food, cooking, lifestyle, exercise and social life
- It promotes moderate fish, lean protein and eggs
- **One small glass of wine** can be consumed once per day



Mediterranean Diet – risks and benefits

- Weight loss
- Improved glycaemic control including reduced HbA1c
- Improved insulin sensitivity, reduced fasting plasma glucose and post prandial glucose
- Improved cardiovascular risk factors (reduced BP, reduced LDL cholesterol and increased HDL cholesterol) preventing heart disease and stroke
- Improved non-alcoholic fatty liver, brain function and gut microbiome
- Reduced risk of dementia and some cancers
- Decreased overall mortality
- There are no risks! **Good quality long term evidence** into the diet's effectiveness and efficacy, helps with **satiety** and can be **followed on a long term basis**



Referral to an Accredited Practising Dietitian

- Provides expert dietary advice to help manage diabetes and stay healthy
- Sorts out nutrition fact from fiction
- Assesses individual nutritional needs, particularly pertaining to other co-morbidities
- Develops personalised eating plans
- Develops Medical Nutrition Therapy plans



Questions?

