

# Extra nourishment for people with diabetes

## Nutrition and Dietetics

Information for Patients

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### Introduction

Diabetes is a condition where there is too much sugar (glucose) in the blood. It is important to control blood glucose levels whether you are treated by diet, tablets or insulin.

High blood glucose levels over a long period of time can result in weight loss as well as other serious damage to your body. You should not reduce how much you eat to get your blood glucose within target range. If you increase your food intake, you may also need to change your diabetes treatment. You may want to discuss this with your diabetes team.

Eating well at all times is important, especially when you have lost your appetite. One way to gain weight is to eat foods that are high in energy and protein. Fortifying your food can help too. This means using every day foods to increase the nutrient content of what you eat. By doing this every mouthful you eat will be full of nourishment. If you keep on losing weight or struggle to get all the nutrients from your food, your dietitian or doctor may start you on nutritional supplement drinks.

### Helpful tips

- Try to have 3 small meals plus 2 to 3 snacks or milky drinks per day.
- Make sure you include a starchy carbohydrate at each meal such as potatoes, rice, pasta, bread, chapatti, naan bread, cereal, porridge, plain biscuits.
- Aim for 1 pint (600mls) of full fat milk in your daily diet.
- Try to have protein foods at least 2 times a day (see next page for ideas).
- Keep a store cupboard of easy to prepare foods.

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## How can I increase the energy and protein content of my diet?

### High energy foods

- Salad cream and mayonnaise
- Oil
- Butter or margarine
- Sweet or savoury biscuits
- Peanut butter
- Crisps
- Puddings

### High protein foods

- Meat for example, chicken, beef, pork, lamb
- Eggs
- Fish
- Beans for example, baked beans, kidney beans, soybeans
- Lentils, pulses, chickpeas
- Dairy foods for example milk, yogurt,

## Food fortification

Fortifying your food means using everyday foods as a way of increasing the amount of calories that you eat. The table below shows how this can be done.

Milk	You can increase the protein in milk by adding 3 tablespoons of dried skimmed milk powder to 1 pint of full fat milk. This is called <b>fortified milk</b> . This can then be used in drinks, puddings, soups, on cereals or in sauces You can make a homemade milkshakes using milkshake powder, full cream/fortified milk and ice cream
Eggs	Omelettes, scrambled egg made with full fat milk
Mashed potato	Add double cream, grated cheese, crème fraiche, butter or margarine
Vegetables	Add butter or margarine, grated cheese or cream cheese and serve with a savoury sauce such as cauliflower cheese.
Toast	Be generous with butter/margarine, peanut butter, cream cheese, pate
Meat	Serve with a creamy sauce
Fish	Serve with a creamy sauce
Soups	Make with <b>fortified milk</b> and add extra butter, margarine, double cream or evaporated milk.
Desserts	Use <b>fortified milk</b> to make custard or milky puddings then add sweeteners or buy sugar-free puddings and add double cream
Breakfast cereals	Use <b>fortified milk</b> for cereal or porridge. Evaporated milk, creamy yogurt or double cream could be added too

## Ideas for meals

Breakfast	Porridge made with <b>fortified milk</b>
	Toast with extra butter/margarine, add extra peanut butter/reduced sugar jam
Mid-morning	Coffee or tea made with <b>fortified milk</b> with scone, crumpet or muffin
Lunch	Jacket potato with cheese and beans
	Macaroni cheese made with <b>fortified milk</b> , add extra double cream
	Milky pudding/fruit with a creamy yogurt for dessert
Mid-afternoon	Packet of crisps <b>or</b> cheese and crackers <b>or</b> milkshake made with <b>fortified milk</b>
Main meal	Fish in creamy sauce, mashed potatoes and buttered vegetables
	Lentil and chick pea curry with extra cream, served with rice
Supper	Toast with pate, cheese and/ or beans
	Plain biscuits with a milky drink using <b>fortified milk</b>
	Bowl cereal with <b>fortified milk</b>

## Snack ideas that can be used between meals

Continue to choose low sugar foods where possible. These can be fortified with extra protein and energy using methods on the previous page.

Continue to choose low sugar foods where possible, as these can be fortified with extra protein and energy.

- Crackers and cheese
- Sausage roll, pork pie
- Creamy yogurts
- Plain or fruit scone with butter
- Toasted tea cake with butter and reduced sugar jam
- Handful of nuts and seeds
- Malt loaf
- Crumpets
- Toast with peanut butter
- Milky drinks
- Crisps
- Muffin
- Rice pudding



## If you do not drink cow's milk

### Lactose intolerant

Look for lactose-free alternatives including full fat milk, natural yoghurt and cream, soft cheese, hard cheese, spreads.

### Other milk choices

A range of dairy free alternatives are available including milk, spreads, cheese, soft cheese, yoghurt and cream made from soya, nuts, coconut, oats and rice. Look in the "Free From" aisles in supermarkets and check the sugar content. Choose soya milk and yoghurt where possible as these are higher in protein than other non-dairy alternatives.

## Contact details

If you have any queries please do not hesitate to contact your dietitian

Telephone number .....

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