

# 10 - Diet and diabetes

Diet is the key to the treatment of diabetes. A disorderly and unbalanced diet makes good blood glucose control impossible, so it is essential to eat breakfast, lunch and dinner.

## Treatment starts at the table



Obese or overweight people with type 2 diabetes should review their lifestyle to make sure they eat a balanced diet and exercise consistently (at least 45-60 minutes every day).

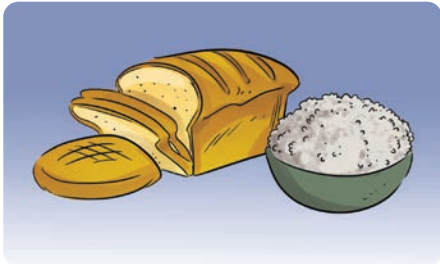


People with type 1 diabetes should establish the dose of insulin required based on the calculation of the amount of carbohydrate (pasta, bread, rice, etc.) in the meal.



People receiving treatment with insulin analogues do not need to snack between meals unless instructed to do so by their diabetes or nutrition specialist.

## Carbohydrates or sugars



It is advisable to eliminate simple sugars (sweets, sugar, honey) and eat moderate amounts of complex sugars (carbohydrates) without eliminating them altogether. Where possible, opt for wholegrain pasta, bread, rice, potatoes, couscous and flours.

## Plant fibre and pulses



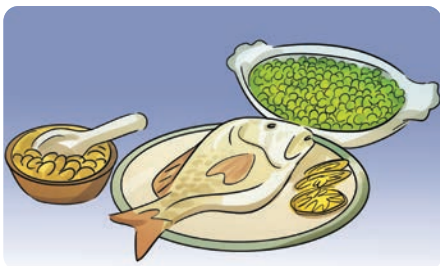
Each meal should contain fibre, which slows the absorption of sugars and fats and protects to heart and blood vessels. Vegetables, pulses and wholegrain cereals contain fibre.

## Fat



Fats can be of animal or plant origin: it is advisable to reduce animal fats (butter, lard) and restrict the intake of cold meats and cheese. Olive, soya, corn and sunflower oils should be used as dressings.

## Protein



It is recommended to alternate animal proteins (meat, preferably white meat, and fish) with plant proteins (peas, beans, lentils and chick peas, which are rich in fibre). It is useful to eat fish 2-3 times a week.

## Alcohol



A glass of wine (preferably red) is allowed, provided there are no other contraindications. Drinking more than one glass or drinking outside mealtimes is harmful and favours hypoglycaemias. Spirits are to be avoided because they contain empty calories.

## Sweets



Desserts can be eaten only occasionally, on a full stomach and in small amounts. Soft drinks should be sugar-free.