

## EATING HEALTHY

Your blood glucose levels are affected by the amount and type of starchy and sweet foods that you eat or drink.

Your risk of having a heart attack is affected by the amount and type of fat you eat.



Eating more energy than your body needs, leads to weight gain.

Energy comes from fat, protein, carbohydrates and alcohol. The energy contained in food is called calories or kilojoules.

**Simple changes to your diet will help. Make these changes part of your everyday life.**



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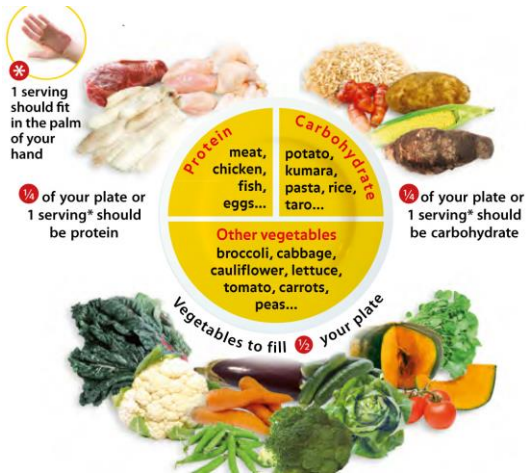
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## Eating well for Diabetics

*Diabetes is all about your sugar intake, which is wholly dependent on your diet. Some simple changes to your diet can help you manage your diabetes better.*





*The healthy plate, 1/2 vegetables, 1/4 proteins and 1/4 carbohydrates*

## Quick diet tips:

- Drink plenty of water, avoid drinking fruit juice and sodas
- Eat breakfast, lunch and dinner every day.
- Base your meals around the healthy plate model (above).
- Eat some carbohydrates at every meal, but not much.
- Choose foods low in sugar, fat and calories.

“People with Diabetes do not need to buy special food or cook separate meals. The whole family can eat the same healthy food”

## Non-starchy vegetables

These are the foods least likely to raise your blood glucose. Try to eat about 4 servings a day (4 x 1/2 cup). Try to vary the types and colours of non-starchy veges that you eat every day.



## Carbohydrates

Foods high in carbohydrates include both starchy and sweet foods. They break down into glucose in the body. Eating too much carbohydrate will increase your blood glucose above recommended levels.

Your carbohydrate portion of your meal should be about 1/4.

Try to eat a similar amount of carbohydrates every day.

**Foods high in carbohydrates include:**

- Breads, cereals, chapati, roti
- Pasta, rice
- Chickpeas, lentils, baked beans
- Starchy veges like Potatoes
- Fruit
- Milk and milk products
- Sugar and sweet foods



## Proteins

*Meat, Fish, Chicken, Eggs and Cheese*

No more than ¼ of your meal should be proteins

- Avoid eating fatty or salty meats eg. Hot dogs, battered fish
- Skim the fat off the top of stews, casseroles and boil-ups.
- Try to eat fish meals 1-2 times a week
- Limit the amount of cheeses as these are very high in fat



## FATS AND OILS

All fats and oils are high in calories or kilojoules

Eating too many calories/kilojoules from any type of food can lead to weight gain

Poly and Mono unsaturated fats and oils are 'heart friendly', you can eat small amounts of these (Olive oil, vegetable oil, peanut, soy, corn, avocado oil etc)

Avoid eating these types of saturated fats and oils:

- Beef Tallow
- Butter
- Chafade
- Chicken skin and fat
- Chocolate
- Coconut oil, coconut cream
- Kremelta
- Lard, Suet, Dripping
- The white fat on meat
- Cream
- Ghee, clarified butter
- Shortening
- Palm oil

## Drinks

You should try to drink 6-8 cups of fluids per day. Clean water is the best drink, but it does not have to be just water.

You can drink:

- Tea or Coffee
- Diet or Zero sugar sodas
- Unflavoured mineral or soda water
- Diet or low energy drinks
- Artificially sweetened cordials or powered drinks
- Low fat milk

Avoid drinking:

- Fruit juice
- Fruit juice with no added sugar
- Soda
- Cordials
- Flavoured Milk
- Flavoured water
- Sports drinks

## ALCOHOL

Alcohol is very high in calories and may lead to weight gain.

If you drink you should ask your doctor specifically about alcohol and what types you may be able to consume.

Have at least 3 alcohol free days every week (no drinking)

Limit any kind of alcohol to 3 drinks or less per day.



Take note of the term 'drink', in regards to alcohol it is considered to be 300ml of beer, 30ml of spirits or 100ml of wine.

### Do not drink:

- Pre-mix alcoholic drinks
- Sweet or desert mixes
- Cocktails containing milks or juices
- Port or Liqueurs

## FOODS TO AVOID

The foods listed below are high in fats, saturated fats, and/or sugars. They can lead to high blood glucose levels, a higher risk of heart disease and weight gain.

- Biscuits
- Cake
- Chocolate
- Chocolate spread
- Muesli bars
- Donuts
- Regular ice-cream
- Honey, Jam
- Condensed milk
- Sodas
- Lollies
- Syrups
- Puddings
- Chips, crisps
- Pastries
- Coconut cream
- Fried foods
- Hot chips
- Sausages
- Salami
- Other processed meats
- Regular mayonnaise
- Cream
- Corn chips



## MAKE BETTER CHOICES

These dietary advices seem to contain a lot of 'don't'. But actually, this advice is for everyone. These are choices that we should all be making every day to avoid disease and live a much healthier life.

The hustle and bustle of the modern life and the heavy requirements on our time, have caused us to begin to move away from traditional methods of food preparation and food eating.

It is not easy, but if our society wants to avoid the health statistics of western nations, we need to start making better food choices.

Eat with your friends and family, don't eat alone

Make good eating choices, use these guidelines to help you

### Remember FRESH IS BEST

Talk to your nutritionist to help you with more details, understanding the nutrition and medical reasons behind this advice, they can also help you with meal ideas, diet plans and monitoring options.

Make the change, you will feel better and live a longer happier life!