



February 2013

Nutrition Newsletter

Information and news for Care Homes
in The Essex And Tendring Area

Eating well with Diabetes

This is general information to help you make sensible food choices for yourself or someone you care for who has diabetes. If you are concerned that a person with diabetes is at risk of malnutrition, or has other health issues affecting their diet, please contact a Dietitian for advice.

Eat three meals a day - Avoid skipping meals and space out breakfast, lunch and evening meal over the day. This will help control your appetite and blood glucose levels. Two low sugar / low fat snacks may be added if required.

Limit sugar and sugary foods – Having diabetes does not mean you need to avoid sugary foods altogether, but be aware they cause the fastest rise in blood glucose levels so try to reduce the amount you have. Using sugar free, no added sugar or diet fizzy drinks / squashes instead of sugary versions is an easy way to reduce the sugar in your diet.

Include starchy carbohydrate foods at each meal – Such as bread, pasta, chapattis, rice, potatoes, noodles or cereals. Starchy foods are essential for your body but are all broken down into glucose eventually. Make sure your portions are not too big and try to choose foods that are broken down more slowly such as wholemeal pasta, basmati or brown rice, grainy breads such as granary and rye, new potatoes, porridge oats, All Bran and no added sugar muesli.

Eat less fat - Particularly saturated (animal) fats. Reducing fat can help with weight loss, which is beneficial for overall health and diabetes control. Try to eat less of all types of fat, but when you do need it for cooking or spreading choose unsaturated fats such as olive oil or rapeseed oil. Choose lean meats and lower fat dairy foods such as semi-skimmed or skimmed milk and low fat yoghurts. Try to grill, boil, steam, microwave or oven bake instead of frying.

Eat more fruit and vegetables – Aim for at least five portions each day to provide you with vitamins, minerals and fibre to keep you healthy. Try to have a variety of different fruit and vegetables for maximum benefit.

Include more beans and pulses – such as kidney beans, butter beans, chickpeas or lentils. These have a smaller impact on your blood glucose levels than starchy foods and may help control blood fats, including cholesterol. They can be added to stews, casseroles and soups or salads.

Aim for at least two portions of oily fish a week – such as mackerel, sardines, salmon or pilchards. Oily fish contains Omega 3, which helps protect against heart disease.

Reduce the salt in your diet to 6g or less a day – More than this can raise your blood pressure, increasing the risk of a stroke and heart disease. Eat fewer processed foods, avoid adding salt at the table if it has been used in cooking, and try flavouring foods with herbs and spices.

Drink alcohol in moderation only –the recommended guidelines are 2 units a day for a woman 3 units a day for a man. Alcohol is high in calories, so think about cutting back if you are trying to lose weight. Never drink on an empty stomach, as alcohol can cause hypoglycaemia (low blood glucose levels) if you are taking certain diabetes medications.

Don't use diabetic foods or drinks – They offer no benefit to people with diabetes. They still affect blood glucose levels, contain just as much fat and calories as the ordinary versions, they are expensive, and certain artificial sweeteners can have a laxative effect.

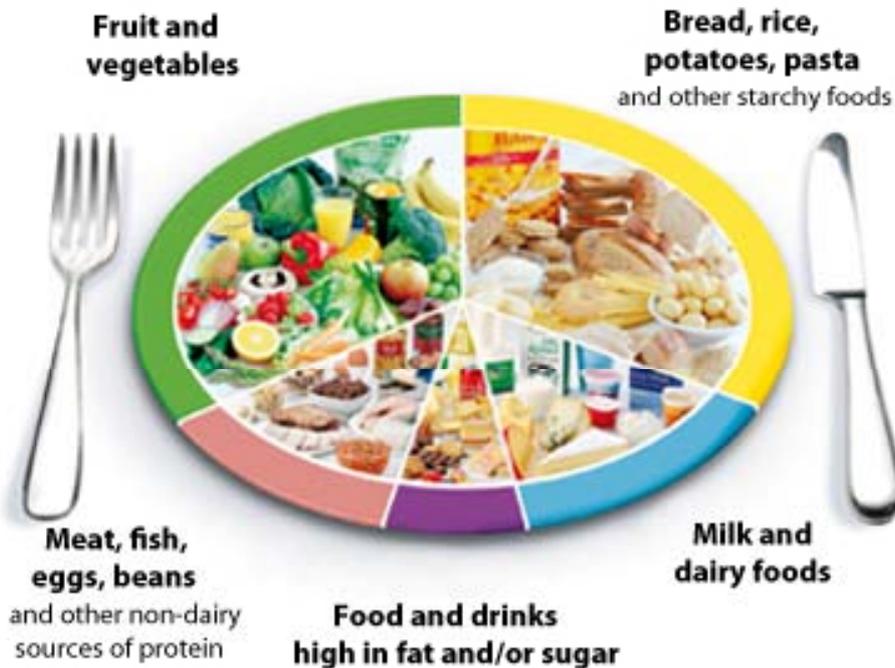
This and further information can be found on the Diabetes UK website: www.diabetes.org.uk

The Community Dietetics Team.

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The eatwell plate shows what a healthy, balanced diet should look like. It tells you how much of what you eat should come from each food group.



Here is some further information to help you make healthier choices:

<u>Foods that can be eaten on a regular basis</u>	<u>Foods to avoid or to be eaten in / small amounts / other advice</u>
<p>All fruit and vegetables are suitable – 5 portions a day. 1 portion is:</p> <ul style="list-style-type: none"> •A small bowl of salad •3 heaped tablespoons of veg. •1 apple, orange or banana •2 plums, kiwis or Satsuma's •A handful of grapes, cherries or berries 	<p>REMEMBER Fruit contains natural sugar but it is an important part of a healthy diet. Avoid eating more than 1 portion of fruit at any 1 sitting. Spread portions out across the day, leaving a few hours in between. If you like fresh fruit juice limit your intake to 1 small glass (200ml) daily.</p>
<p>Wholegrain bread/rolls, wholegrain breakfast cereals, Potatoes, Wholegrain Pasta/Rice, Basmati Rice, Multigrain and Granary Breads, Porridge, All Bran.</p>	<p>Fried foods, pastry, foods coated in batter. Snacks such as crisps, cakes, biscuits</p>
<p>Lean cuts of meat, lean mince, fish, chicken, turkey, Eggs, beans, lentils, tofu, Quorn / soya</p>	<p>Processed meats, burgers, sausages, pork pies, sausage rolls, corned beef, salami, pepperoni</p>
<p>Low Fat Yoghurts, semi-skimmed / skimmed milk, low fat / light cheese spread, cottage cheese</p>	<p>Whole milk, cream, thick and creamy / full fat yoghurts, ice cream, butter, lard, mayonnaise</p>
<p>Water, Tea, Coffee (using sweeteners), no added sugar squash, diet fizzy drinks.</p>	<p>Normal Squash, Lucozade / sports drinks, Fizzy Drinks, honey, sweets</p>

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Recipe of the Month

Salmon fishcakes

Serves 2

Ingredients

- 300g (10oz) fresh salmon, poached and flaked, or tinned
- 300g (10oz) potatoes, peeled, cooked and mashed
- 2 spring onions, sliced
- 2 anchovy fillets, chopped
- handful fresh herbs, e.g. parsley and dill, chopped
- 1 tablespoon light mayonnaise
- black pepper, freshly ground
- flour for dusting
- 1 egg, beaten
- 2 slices granary bread, made into breadcrumbs
- a little oil for cooking



Instructions

- Roughly mash together
- the salmon, potato, onion, anchovies, herbs and mayonnaise and season well.
- Form into 4 patties and chill for about 30 minutes.
- Dust each fishcake in flour, then dip in egg and coat in breadcrumbs.
- Place the fishcakes on an oiled baking sheet and drizzle with a little oil.
- Cook under a medium grill for 2–3 minutes on each side.
- Serve with a crisp green salad for a fabulous flavoursome meal

Each serving contains:
545 calories
35 g protein
42g carbohydrates
25 g fat

This recipe was taken from the Diabetes UK website, it has nearly 500 recipes which are suitable for diabetics, it also offers advice to diabetics and their carers.

DIABETES UK
CARE. CONNECT. CAMPAIGN.

www.diabetes.org.uk

During a recent audit of the Food First project, we found that some care homes did not have access to our referral form. Please find a copy on the next page.

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Nutrition and Dietetic Referral Form

Patient's Name:				M / F	D.O.B
Address: Postcode: Telephone Number:				NHS No:	
				Consultant:	
				GP Name:	
				GP Telephone No: GP Fax No:	
Weight / MUAC	Height / Ulna Length	BMI	MUST SCORE	Reason for referral: <input type="checkbox"/> Poor appetite/ intake <input type="checkbox"/> Swallowing Problems <input type="checkbox"/> Soft or Pureed Diet <input type="checkbox"/> Special Diet Advice <input type="checkbox"/> Nutritional Supplements <input type="checkbox"/> Unplanned Weight Loss <input type="checkbox"/> Diabetes <input type="checkbox"/> Weight Reducing Diet <input type="checkbox"/> Other (please specify)	
Medical History:					
Current Medication:				What has already been done to help above mentioned problem? (please give details)	
Referred By: (Please print your name) Title:			Date: / /		Is patient able to attend a clinic? YES / NO
Contact telephone number: Fax number (if applicable):			Home visit required? YES / NO		

***Please complete this form in FULL and fax to Nutrition & Dietetics Department.
If referring from a Care Home please include A STRICT 3 DAY FOOD AND FLUID
CHART and SIX MONTH WEIGHT HISTORY
Incomplete referrals cannot be accepted and will be returned.
Essex County Hospital. Fax: 01206 74 4492 (Telephone: 01206 744552)***