

First steps to eating well with Type 1 Diabetes

 **Information for patients**
Sheffield Dietetics



PROUD TO MAKE A DIFFERENCE

SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST



This booklet is to help you start making changes to your diet to manage your blood glucose. You will be given more advice when you see the Dietitian in the Diabetes Team.

Step 1

Eat regular meals containing carbohydrate and avoid skipping meals.

- Include a starchy carbohydrate food at each meal, such as breakfast cereal, bread, crackers, chapati, potato, yam, rice, pasta or noodles.
- Keep the amounts of carbohydrate foods similar at each meal to start with. This will help to regulate your blood glucose.

Step 2

Drink sugar free drinks and limit sugary carbohydrate foods.

- Use sugar free, diet or low sugar squash and fizzy drinks. Ordinary types will cause high blood glucose levels.
- gradually cut out sugar in hot drinks and replace with a sweetener if you prefer.
- Stop eating sweets.
- If you like chocolates, desserts, cakes or biscuits, try to have these in small amounts and at similar times each day, to help regulate your blood glucose.
- In time, you may choose to learn more about how to vary the amounts of starchy and sugary carbohydrates to give you more freedom with your food choices.

Step 3

If drinking alcohol, drink in moderation.

- You will be given specific advice by your nurse or dietitian about managing alcohol. This is because alcohol affects your blood glucose.
- In the meantime, have no more than 3 to 4 units of alcohol a day, once or twice a week.
- Do not drink on an empty stomach as alcohol can cause hypoglycaemia (low blood sugar).

Step 4

Avoid diabetic foods.

- There is no need to buy diabetic products. They can be expensive, have a laxative effect, are high in fat and calories and may still affect your blood glucose levels.

Further advice for the future

Over the coming months you will have the opportunity to discuss your diet and lifestyle in detail with a specialist dietitian and you will learn all about carbohydrate counting. If you are reading information online about diabetes, make sure it written is for people with Type 1 diabetes, not Type 2 diabetes.

Physical activity

Physical activity is important to your health. Discuss this with your nurse or dietitian who will advise you how to exercise safely with your diabetes.

Further information

The following websites are checked and recommended by health care professionals and people with diabetes.

Diabetes UK: www.diabetes.org.uk

Type 1 Resources: www.t1resources.uk

Patient's name

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