

# Dietary Information for People Newly Diagnosed with: Pre-Diabetes or Diabetes

**Nutrition and Dietetic Service  
Community and Therapy Services Group**

This leaflet provides you with basic dietary information until you attend a DESMOND (Diabetes Education and Self Management for Ongoing and Newly Diagnosed) education session or see the Dietitian.



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# Information for patients and visitors

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## Introduction

You have been diagnosed as having Pre-Diabetes or Diabetes. Both occur when your body is not controlling the amount of glucose (sugar) in your blood.

Insulin, a hormone produced in the pancreas controls the amount of glucose in the blood. High blood glucose occurs if insufficient insulin is produced, or the insulin does not work effectively. When blood glucose levels rise too high symptoms such as tiredness, thirst, blurred vision or itchy skin may result.

Carrying excess body weight and inactivity are linked to both conditions. A healthy lifestyle will help you to achieve good control of your blood glucose levels and body weight.

## Starchy Foods

Bread, rice, potatoes, cereals and pasta contain carbohydrate, which is broken down into glucose and used by your cells as fuel. Starchy foods are naturally low in fat and high-fibre choices such as wholemeal and wholegrain will help you feel fuller for longer. A small amount of starchy food should be eaten with each meal.

## Reducing Your Intake of Sugar

Sugary foods and drinks will raise your blood glucose so opt for diet / light or low-calorie alternatives. Avoid adding sugar to any food or drink try sweeteners instead.

## Lowering Your Fat Intake

Fat is high in calories, so try to reduce the amount you have:

- Grill, boil, bake, poach or steam food instead of frying
- Choose lower-fat alternatives wherever possible.
- Cut the fat off meat and remove the skin from poultry.
- Reduce the amount of butter, margarine and oil used.
- Eat fewer pies, pastries, chips, crisps and savoury snacks

## Dairy Products

Milk, cheese and yoghurt contain calcium, which helps to keep your bones and teeth strong. They are also a good source of protein, but some can be high in fat, so choose lower-fat alternatives where you can.

## Oily Fish

Omega-3 fish oils, found in oily fish such as mackerel, salmon and sardines, can help to protect the heart.

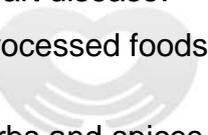
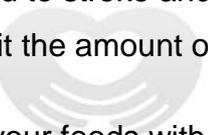
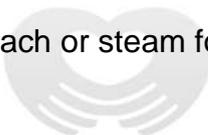
## Fruit and Vegetables

Fruit and vegetables are naturally low in fat and calories, while being packed with vitamins, minerals and fibre. They can help protect against stroke, heart disease, high blood pressure and certain cancers. Aim for at least five portions each day made up of a variety of fruit and vegetables. Fresh, frozen, dried and tinned all count. A portion is roughly what you can fit into the palm of your hand.

## Salt, Herbs and Spices

Eating too much salt (6g / 0.2oz or more per day) can raise your blood pressure, which may lead to stroke and heart disease:

- Limit the amount of processed foods you eat
- Flavour foods with herbs and spices



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### Fluids

Drink plenty of fluids throughout the day.  
Examples: tea, coffee, water, sugar free / diet drinks, no added sugar squash.

### Alcohol

- Alcohol is high in calories.
- Limit your alcohol intake.
- Try to have 2-3 alcohol free days a week

### Reference Section

Diabetes UK Evidence - based nutrition guidelines for the prevention and management of diabetes May 2011.

[www.diabetes.org.uk](http://www.diabetes.org.uk)

### Contact Details for Further Information

Nutrition and Dietetic Service  
Scunthorpe General Hospital  
Cliff Gardens  
Scunthorpe  
DN15 7BH

Tel: 01724 203751

Nutrition and Dietetic Service  
Diana, Princess of Wales Hospital  
Scartho Road  
Grimsby  
DN33 2BA

Tel: 01472 875218

### Concerns and Queries

If you have any concerns / queries about any of the services offered by the Trust, in the first instance, please speak to the person providing your care.

#### For Diana, Princess of Wales Hospital

Alternatively you can contact the Patient Advice and Liaison Service (PALS) on (01472) 875403 or at the PALS office which is situated near the main entrance.

#### For Scunthorpe General Hospital

Alternatively you can contact the Patient Advice and Liaison Service (PALS) on (01724) 290132 or at the PALS office which is situated on C Floor.

Alternatively you can email:

[nlg-tr.PALS@nhs.net](mailto:nlg-tr.PALS@nhs.net)

### Confidentiality

Information on NHS patients is collected in a variety of ways and for a variety of reasons (e.g. providing care and treatment, managing and planning the NHS, training and educating staff, research etc.).

Everyone working for the NHS has a legal duty to keep information about you confidential. Information will only ever be shared with people who have a genuine need for it (e.g. your GP or other professionals from whom you have been receiving care) or if the law requires it, for example, to notify a birth.

Please be assured however that anyone who receives information from us is also under a legal duty to keep it confidential.



# Information for patients and visitors

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## **Zero Tolerance - Violent, Threatening and Abusive Behaviour**

The Trust and its staff are committed to providing high quality care to patients within the department. However, we wish to advise all patients / visitors that the following inappropriate behaviour will not be tolerated:

- Swearing
- Threatening / abusive behaviour
- Verbal / physical abuse

The Trust reserves the right to withdraw from treating patients whom are threatening / abusive / violent and ensuring the removal of those persons from the premises.

All acts of criminal violence and aggression will be notified to the Police immediately.

## **Risk Management Strategy**

The Trust welcomes comments and suggestions from patients and visitors that could help to reduce risk.

Perhaps you have experienced something whilst in hospital, whilst attending as an outpatient or as a visitor and you felt at risk.

Please tell a member of staff on the ward or in the department you are attending / visiting.

## **Moving & Handling**

The Trust operates a Minimal Lifting Policy, which in essence means patients are only ever lifted by nursing staff in an emergency situation.

Patients are always encouraged to help themselves as much as possible when mobilising, and if unable to do so, equipment may be used to assist in their safe transfer.

If you have any questions regarding moving and handling of patients within the Trust,

please speak to a member of staff in the ward or department you are visiting.

## **Northern Lincolnshire and Goole NHS Foundation Trust**

**Diana Princess of Wales Hospital**  
**Scartho Road**  
**Grimsby**  
**01472 874111**

**Scunthorpe General Hospital**  
**Cliff Gardens**  
**Scunthorpe**  
**01724 282282**

**Goole & District Hospital**  
**Woodland Avenue**  
**Goole**  
**01405 720720**

[www.nlg.nhs.uk](http://www.nlg.nhs.uk)

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