

Glendale medical Centre (dietary advice in diabetes).

This leaflet tells you what types of foods you should eat to improve your diabetic (blood glucose) control. It also tells you what to avoid to help maintain lower cholesterol levels.

Quench thirst with water or other sugar free-drinks

Eat regular meals with small portions avoiding fried and sugary foods.

Eat plenty of vegetables

Have high fibre and low glycaemic index foods, including whole grains, legumes etc as the main part of each meal-see table below.

Avoid and reduce consumption of high glycaemic index starchy foods, such as mashed potatoes and white bread

Eat plenty of whole fruit.

Limit consumption of animal products with high amounts of cholesterol and saturated fat, such as red meat, eggs, high fat dairy products, and try to eat lean meat fish and poultry (without skin) instead.

For snacks between meals, avoid biscuits cakes or sweets and try to eat nuts and fruit for snacks instead.

Use natural vegetable oils for cooking, baking frying instead of vegetable shortenings

Be aware of portion size of a meal especially when eating in a restaurant-do not overeat.

The foods below are listed according to how they affect your blood sugar after eating. The higher the Glycaemic Index (GI) the greater the rise in blood sugar and the more difficult diabetic control will be. Try to make low GI foods a greater part of your diet. As always it is important to eat smaller portions as a large amount of any food with carbohydrate will increase your blood sugar. It is very important for diabetics to exercise and to lose weight if they have been told that they are overweight- There are enough foods listed

to allow you to predict how foods not listed will affect your blood sugar. If you need more information, please discuss this with the doctor. It is also important that patients on Insulin and medicines such as gliclazide also don't make sudden changes to their diet as they risk getting hypos (very low blood sugar)

	Carbohydrate concentration (g)	Glycaemic Index
Aubergines	4	10
Broccoli	4	10
Cabbage	4	10
Garlic	28	10
Green vegetables	4	10
Lettuce	4	10
Mushrooms	4	10
Onions	5	10
Red peppers	4	10
Tomatoes	4	10
Walnuts	5	15
Apricots (fresh)	10	20
Fructose	100	20
Grapefruit	10	20
Peanuts	9	20
Soya (cooked)	15	20
Cherries	17	22
Dark chocolate (<70% cocoa solids)	32	22
Lentils - Green	17	22
Peas - Split	22	22
Plums	10	22
All Bran	46	30
Apple	12	30
Beans - French	3	30
Beans - Haricot	17	30
Chick peas (cooked)	22	30
Fruit preserve (without sugar or grape juice)	37	30
Lentils - Brown	17	30
Milk (semi-skimmed)	5	30
Peach	9	30
Apricots (dried)	63	35
Carrots (raw)	7	35
Chinese vermicelli (mungo bean)	15	35
Fig (fresh)	12	35
Ice cream (made with alginates)	25	35
Maize/Corn on the cob (traditional variety)	21	35
Orange	9	35
Pear	12	35
Peas - Dried (cooked)	7	35
Quinoa (cooked)	18	35

Yoghurt (full-milk)	4.5	35
Yoghurt (skimmed)	5.3	35
	Carbohydrate concentration (g)	Glycaemic Index
Apple juice (fresh)	17	40
Black bread (German)	45	40
Flour T200 (unrefined) - Bread	45	40
Flour T200 (unrefined) - Pasta	17	40
Grapes	16	40
Kidney beans	11	40
Orange juice (freshly pressed)	10	40
Peas (Fresh Petis Pois)	10	40
Rye (wholemeal bread)	49	40
Boulgour (wholegrain, cooked)	25	45
Bran bread	40	45
Flour T150 (unrefined) - Pasta	19	45
Spaghetti (hardgrain, cooked al dente)	25	45
Buckwheat (black wheat flour)	65	50
Crêpe/Pancake (made with buckwheat)	25	50
Flour T150 (unrefined) - Wholemeal bread	47	50
Kiwi	12	50
Rice (Basmati)	23	50
Rice (Brown)	23	50
Sorbet	30	50
Sweet potato	20	50
	Carbohydrate concentration (g)	Glycaemic Index
High (foods to be avoided)		
Petite Beurre biscuit	75	55
Shortbread biscuit (Flour B)	68	55
White pasta (normal cooking)	23	55
Rice (long grain, white)	23	60
Banana	20	65
Brown flour T85 (Brown bread)	50	65
Jam (traditional)	70	65
Melon	6	65
Orange juice (industrial)	11	65
Potatos (boiled in their skins)	14	65
Raisins	66	65
Semolina (refined)	25	65
Cereals (sugared)	80	70
Chocolate bars (eg. Mars bar)	60	70
Cola drinks	11	70
Cornflour	88	70
Flour T65 - country style bread	53	70
Maize/Corn on the cob (modern variety)	22	70
Noodles, Ravioli	23	70
Potato (peeled and boiled)	20	70
Rice (pre-cooked and non-stick)	24	70
Sugar (saccharose)	100	70
Turnip	3	70
Pumpkin	7	75

Watermelon	7	75
Broad beans (cooked)	7	80
Crackers	60	80
Potato crisps	49	80
Tapioca	94	80
Carrots (cooked)	6	85
Corn flakes	85	85
Flour T55 - Baguettes	58	85
Popcorn (no sugar)	63	85
Rice cake	24	85
Honey	80	90
Mashed potato	14	90
Rice (pre-cooked)	24	90
Potato (chips)	33	95
Puffed rice	85	95