

## So what should I eat to help control my T2 diabetes?

***The problem with having diabetes is your metabolism can no longer deal with sugar, which becomes almost a poison; its consumption needs cutting back dramatically.***

### **Reduce starchy carbs a lot...**

Remember they are just concentrated sugar. If possible cut out the 'White Stuff' like bread, pasta, rice – though porridge, new potatoes and oat cakes in moderation may be fine. **Sugar – cut it out altogether**, although it will be in the blueberries, strawberries and raspberries you are allowed to eat. Cakes and biscuits are a mixture of sugar and starch that make it almost impossible to avoid food cravings; they just make you hungrier!!

### **All green veg/salads are fine...**

**Eat as much of these as you can.** So that you still eat a good big dinner try substituting veg such as broccoli, courgettes or green beans for your mash, pasta or rice – still covering them with your gravy, Bolognese or curry! Tip: try home-made soup – it can be taken to work for lunch and microwaved. Mushrooms, tomatoes, and onions can be included in this.

### **Fruit is trickier...**

Some tropical fruits like bananas, oranges, grapes, mangoes or pineapples have too much sugar in and can set those carb cravings off. Berries are better and can be eaten; blueberries, raspberries, strawberries, apples and pears too.

### **Eat healthy proteins...**

Such as non-processed meat, eggs (three eggs a day is not too much), fish – particularly oily fish such as salmon, mackerel or tuna – are fine and can be eaten freely. Plain **full fat** yoghurt makes a good breakfast with the berries. Processed meats such as bacon, ham, sausages or salami are not as healthy and should only be eaten in moderation.

### **Fats are fine moderation...**

Yes, fats can be fine in moderation: olive oil is very useful, butter may be tastier than margarine and could be better for you! Coconut oil is great for stir fries. Four essential vitamins A, D, E and K are only found in some fats or oils. Please avoid margarine, corn oil and vegetable oil. **Beware 'low fat' foods.** They often have sugar or sweeteners added to make them palatable. Full fat mayonnaise and pesto are definitely on!!

### **Cheese only in moderation...**

It's a very calorific mixture of fat, and protein. **Snacks: avoid, as habit forming.** But un-salted nuts such as almonds or walnuts are OK to stave off hunger. The occasional treat of strong dark chocolate 70% or more in small quantity is allowed.

**EATING LOTS OF VEG WITH PROTEIN AND HEALTHY FATS LEAVES YOU PROPERLY FULL IN A WAY THAT LASTS.**

### **Sweeteners can trick you...**

Finally, about sweeteners and what to drink – sweeteners have been proven to tease your brain into being even hungrier, making weight loss more difficult – drink tea, coffee, and water or herb teas.

### **Alcohol is full of carbs...**

I'm afraid most alcoholic drinks are full of carbohydrate – for example, beer is almost 'liquid toast' hence the beer belly!! The odd glass of red wine is not too bad if it doesn't make you get hungry afterwards – or just plain water with a slice of lemon.

### **Useful websites:**

<https://www.dietdoctor.com/>

<https://www.diabetes.co.uk/lowcarb/>