

Enjoy Food

বাংলা
اردو
ગુજરાતી

Helping families with diabetes
shop, cook and eat

DIABETES UK
CARE. CONNECT. CAMPAIGN.

Working in partnership with

TESCO

GET INVOLVED

BECOME A MEMBER
0800 138 5605

Join our 300,000 supporters who help us care for, connect with and campaign on behalf of all people affected by and at risk of diabetes.

VOLUNTEER
www.diabetes.org.uk/volunteering

Whether you can spare an hour a month or a day a week, there are many ways that you can make a difference at Diabetes UK.

RAISE FUNDS
www.diabetes.org.uk/fundraising

There are many ways you can raise funds or give to Diabetes UK. Visit our website to find out how you can help us to improve the lives of people with diabetes.

 /diabetesuk  @DiabetesUK  #enjoyfood

DIABETES UK
CARE. CONNECT. CAMPAIGN.


CALL OUR CARELINE
0345 123 2399

A free and confidential service offering information on living with diabetes and giving people the opportunity to talk things through.

JOIN A VOLUNTARY GROUP
www.diabetes.org.uk/groups

Our local support groups offer the chance to share experiences with others in your area and keep up to date with our work.

GO ONLINE
www.diabetes.org.uk

Our website offers information on all aspects of diabetes and access to our activities and services. Our Facebook  and Twitter  communities provide support and a chance to talk to others.

GET SUPPORT

Enjoy Food

Contents

A BALANCED DIET

How to balance what you eat	5
Carbohydrates and diabetes	12
Understanding food labels	16
Family cooking	20
Eating out with diabetes	24
Alcohol and other drinks	28
Religious fasting	31
What's your healthy weight?	34

FAMILY FOOD

Cooking at home	39
Breakfast	40
Lunch	44
Dinner	46
Snacks	50

There's no such thing as a 'diabetic diet'. A healthy, balanced diet will help you, and your family, to eat well, feel good and enjoy food.

The information provided in this guide is correct at the time of publication. It is not a substitute for seeing a healthcare professional and is not intended to replace the advice given by a healthcare professional. Products and services advertised in this guide are not necessarily recommended by Diabetes UK. Although the utmost care is taken to ensure products and services advertised are accurately represented, it is only possible to thoroughly check specialist diabetes equipment. Please exercise your own discretion about whether or not an item or service advertised is likely to help you personally and, where appropriate, take professional advice from your medical advisor. Please note also that prices are applicable only to British buyers and may vary for overseas purchases. Paid adverts do not necessarily represent the views of Diabetes UK. Complaints regarding advertised services or products should be addressed to: Creative Services, Diabetes UK, 10 Parkway, London NW1 7AA. Diabetes UK policy statements are always clearly identified as such. © Diabetes UK 2015 A charity registered in England

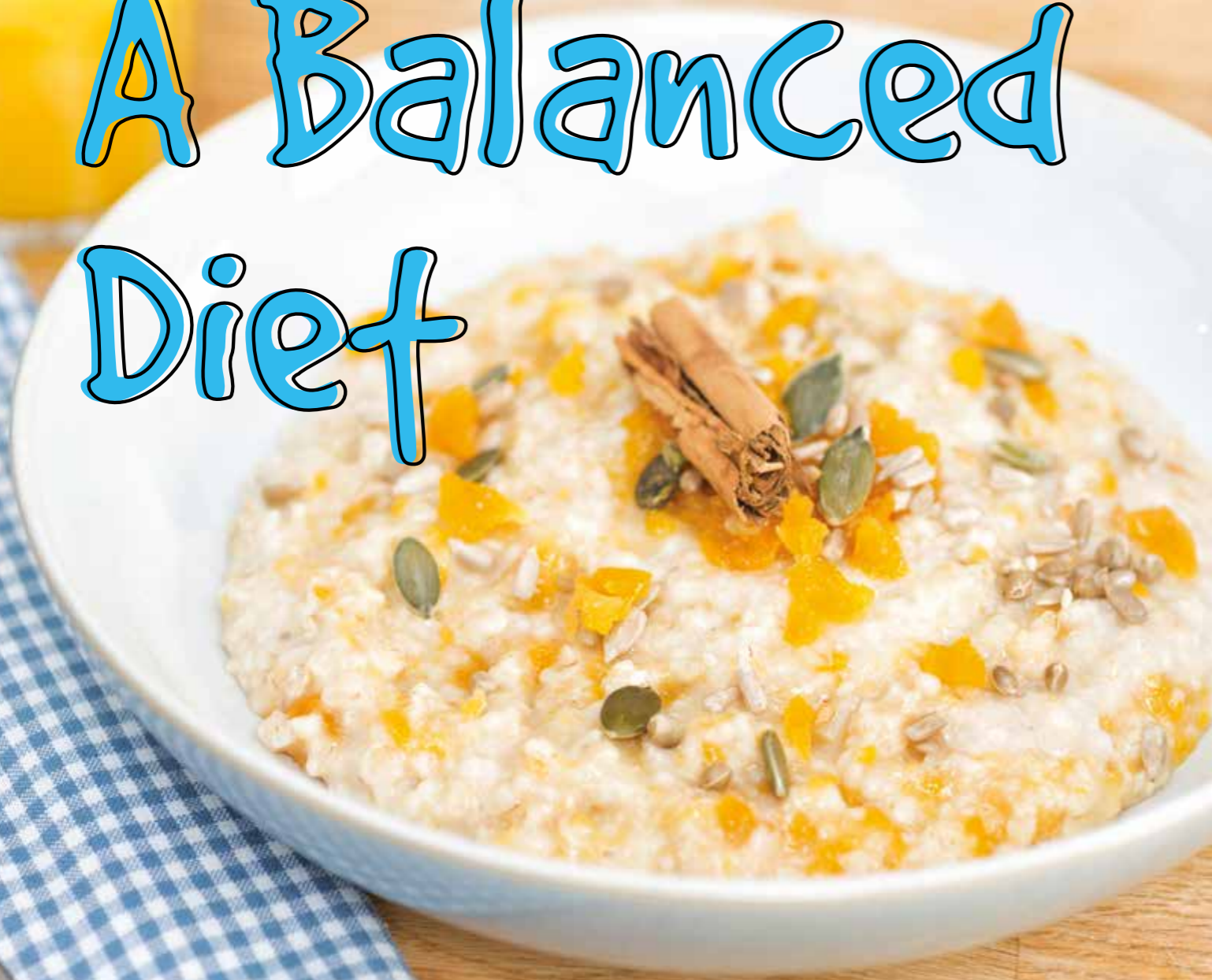
and Wales (no. 215199) and in Scotland (no. SC039136). With thanks to all the contributors, advisors and volunteers who helped with the production of this guide. Published September 2014. Code 9925S

Contributors

Editor: Anna Pattenden
Design: PH Works
Contributors: Azmina Govindji, Baldeesh Rai, Elizabeth Hughes, Lyndon Gee, Jenne Patel
Food photography: Gareth Sambidge
Clinical advisor: Tracy Kelly

*Mon-Fri 9am-7pm. The cost of calling 0345 numbers can vary according to the provider. Calls may be recorded for quality and training purposes.

A Balanced Diet



Do you know?

How to balance what you eat

You've probably heard the phrase 'healthy, balanced diet' so many times that you'd be forgiven for thinking that healthy eating must be complicated and boring. Far from it. The foods you choose to eat make a difference not only to managing diabetes, but also to how well you feel and how much energy you have every day.

How much you need to eat and drink is based on your age, gender and how active you are. For example, if you have teenagers at home, you'll know they tend to have a big appetite – that's because they are growing and need more calories a day. On the other hand, an adult with a sedentary office job won't need as many calories.

No single food contains all the essential nutrients you need. That's why you need to consume foods from each of the main food groups.

★ For more inspiration to help you enjoy a healthy, balanced diet, go to www.diabetes.org.uk/enjoyfood

FRUIT AND VEGETABLES

1



Fruit and veg are naturally low in fat and calories and are packed with vitamins, minerals and fibre. And, research suggests that eating a variety of fruit and vegetables can help protect your family against strokes, high blood pressure, heart disease and certain cancers.

How often?

Aim for at least five different fruit and veg a day. A portion is roughly the amount you can fit into the palm of your hands. So, men should generally have a bigger portion size, and your children's

tiny palms mean they will need less. Go for a rainbow of colours to get as wide a range of vitamins and minerals as possible.

Try:

- a handful of berries, or fresh dates, apricots or prunes, at breakfast time
- adding an extra handful of vegetables to your dishes when cooking – peas (matar) to rice, spinach (saag) to lamb or onions to chicken. Your meal will go further, while helping you to eat better, so you get double the benefit.

STARCHY FOODS

2



These foods contain carbohydrates, which is the body's essential fuel that keeps you functioning – especially your brain. The amount of carbohydrate you need depends on your age, weight and activity levels. The total amount of carbohydrate you take in will have an effect on your blood glucose levels. Your dietitian can help you work out how many portions of starchy carbohydrates you should be aiming for.

Foods in this group include rice, cereals, pasta, noodles, potatoes, bread and chapattis (rotis). Foods containing carbohydrates that are slowly digested (like porridge

oats) will help to keep your blood glucose levels steady throughout the day, so choose them often. Many of these foods contain more fibre, and that means your whole family will be eating better – good news all round!

How often?

Try to include some starchy foods every day.

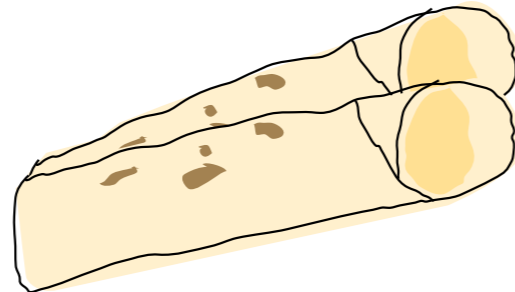
Try:

- baked sweet potato, with the skin left on for added fibre
- boiled cassava, flavoured with chilli and lemon
- chapatti made with brown or wholemeal atta.

ROTI FACTS

Everyone cooks rotis in different ways – ask two people in the same family to roll a roti and you'd probably get different sizes. As a general rule, the bigger the circle, and the thicker the roti, the more carbohydrate it will have.

Experiment with brown or wholemeal atta, as this will give you more fibre, which helps keep your gut healthy. Consider making rotis without butter or ghee – do you really need extra fat if you're going to be scooping up a tasty curry? If you really must spread butter on rotis, try this trick: spread the usual amount on every alternate one on the pile, as that way you'll find the fat layer in between will keep both rotis moist.



DAIRY FOODS

3



Dairy foods are rich in calcium and protein, which is vital for growing children as it keeps their bones and teeth strong. They're good for adults, too, and are good sources of protein. Choose lower fat dairy foods like semi-skimmed milk and low-fat yogurt, as these will help you eat less saturated fat, which is better for your heart. Eating less fat can help you lose weight, too. Children under 2 should have whole milk because they may not get the calories or essential vitamins they

need from lower-fat milks. Don't give children skimmed milk until they're at least 5.

How often?

Aim to have some dairy every day, but don't overdo it.

Try:

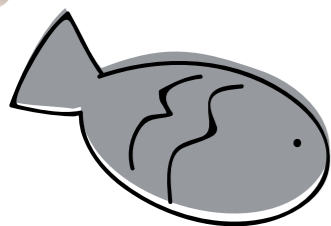
- a bowl of breakfast cereal in the morning, with skimmed or semi-skimmed milk
- a cheese sandwich at lunchtime, packed with salad
- a refreshing lassi or some plain yogurt with your evening meal.



Children under 2 should have whole milk rather than lower-fat milks

Mrs Asha Bawa, 68,
Hounslow, Middlesex

"My husband's favourite dinner is Friday night fish and chips! I don't cook meat or fish in the house, so he goes to his sister's or to a restaurant where they grill the fish rather than fry it."



MEAT, FISH, EGGS, DHALS, BEANS AND NUTS

4



These foods are high in protein, which is needed for building and maintaining healthy muscles. Some, like red meat and moong dhal, will also give you iron to help protect against anaemia. Oily fish like hilsa (lilish), sardines, salmon, trout, fresh tuna, herring and mackerel provide heart-healthy omega-3 fats. Good sources of vegetable-based protein include all dhals and beans, along with soya and tofu.

How often?

Aim to have some food from this group every day, with 1–2 portions of oily fish a week.

Try:

- serving lean meat, skinless poultry or a vegetarian alternative grilled, roasted or stir-fried
- grilled fish with masala
- a small handful of raw nuts and seeds as a snack or chopped with salad.



FOODS HIGH IN FAT AND SUGAR

5



Generally, these foods won't give you much goodness, but they taste nice and it's OK to have small amounts as part of your healthy, balanced lifestyle. Sugar-rich foods like gulab jamun, ras malai, jalebi, cakes, puddings and biscuits not only make you gain weight, but also raise your blood glucose levels. Fried snacks like samosas, chevda, puri, and pakora are high in fat and calories. These savoury snacks and mithai are best saved for special occasions. Coconut in curry is delicious, but creamed coconut and coconut milk are high in fat, so it's best to choose lower-fat types, or have these dishes occasionally.

Use measured amounts of unsaturated fats, such as olive, sunflower or rapeseed oil, in cooking, as these are better for your heart than ghee or butter.

How often?

The less often, the better.

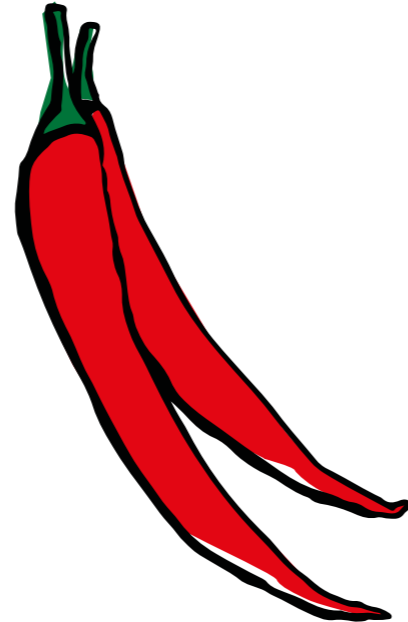


ALL THE TASTE WITH LESS SALT

Too much salt can make you more at risk of high blood pressure and stroke, and when there are so many delicious spices in your kitchen, you really can enjoy your favourite traditional recipes with less salt. You need less than 1 tsp (6g) of salt a day, and children need even less.

DIABETIC FOODS

You don't need them! They can be expensive, high in calories and some have a laxative effect. They give you no benefits, so save your money and eat your usual healthy foods instead.



ভাল আহারের জন্য

দশটি ধাপ

- 1 নিয়মিত আহার করুন
- 2 স্নেহসারযুক্ত খাবার খান
- 3 চর্বি খাওয়া কমান
- 4 দিনে অন্তত পাঁচটি ফল ও সব্জী খাবার চেষ্টা করুন
- 5 প্রচুর পরিমাণ শূঁটি ও ডাল খান
- 6 বেশি করে মাছ খান
- 7 চিনির পরিমাণ কমান
- 8 লবণের পরিমাণ কমান
- 9 হাইড্রেটেড থাকুন। মদ্যপান করলে, পরিমিত করুন
- 10 "ডায়াবেটিক খাবার" এড়িয়ে চলুন

সারো আহার লেবানা এস পগলাং

- 1 ভোজন নিয়মিত লো
- 2 আহারমাং স্টার্চযুক্ত কার্বোহাইড্রেটনো সমাবেশ কৰো
- 3 খরবী পর কাপ মূক্ৰো
- 4 টিবসমাং ঔখোমাং ঔখোং পাংখ ক্ৰুণো অনে শাকভাঞ্জু ভাবানো প্রয়ত্ন কৰো
- 5 কঠোণ অনে ঢাণ পুষ্কণ প্রমাণমাং লো
- 6 বধু মাঊলী ভাখো
- 7 ভাংস পর কাপ মূক্ৰো
- 8 তমারা মীঠানা প্রমাণমাং ঘটাডো কৰো
- 9 পাণী পীতা রহে. জো তমে আক্কোহোল বাণা পীণাং পীতা হে, তো তেনা প্রমাণার্থী বাক্ৰেং রহে
- 10 "ডায়াবেটিক ভোরাং" টাণো

اچھی طرح کھانے کے دس مرحلے

- 1 باقاعدگی سے کھانا کھائیں
- 2 نشاستہ دار کاربوہائیڈریٹ شامل کریں
- 3 چکنائی کم کریں
- 4 ایک دن میں کم سے کم پانچ پھل اور سبزیوں کھانے کی کوشش کریں
- 5 خوب بینز اور دالیں کھائیں
- 6 زیادہ مقدار میں مچھلی کھائیں
- 7 شکر کم کریں
- 8 اپنے ٹمک کی مقدار کم کریں
- 9 آبدہ رہیں۔ اگر آپ الکحل پیتے ہیں تو معقول انداز میں پیئیں
- 10 "ڈیابیطس والے کھانے" سے پرہیز کریں

5 FLAVOUR TIPS

- 1 Make fresh chutney using coriander leaves (dhaniya), fresh mint, chopped green chillies and lime juice.
- 2 Measure added salt in cooking with a teaspoon and use less as time goes on. Do it gradually, and the family will hardly notice! Use ginger, garlic, cumin (jeera) and other spices to help you use less salt in cooking.
- 3 Making raita? Add ground garam masala, ground jeera, chopped fresh dhaniya and grated carrot and courgettes. Flavour salads with lemon juice, chilli powder and pepper.
- 4 Make your own tandoori marinade in seconds using red chilli powder, ground garam masala, paprika powder, low-fat plain yogurt, garlic, ginger, and tomato purée.
- 5 Add finely chopped coriander leaves to lassi, and sprinkle on ground jeera and ground coriander seeds.

Feel the energy

Carbohydrates and diabetes



Aim to get most of your carbohydrate from vegetables, fruit, wholegrains, pulses and dairy products

With all the magazine articles and diet books out there, it can get confusing as to whether carbohydrate foods, or 'carbs', are good for you or not. In short, yes they are. But, the longer answer is that there are some carbs that are better for you than others. The amount you eat and when you eat them has an effect on your blood glucose, how your body makes use of those carbs and the management of your diabetes.

LET'S GET DOWN TO BASICS

Carbs can be split into two main groups:

Starchy: these include rice, roti, pasta and cereals.

Sugars: these can be divided into naturally occurring and added sugars. Naturally occurring sugars are found in fruit and fruit juice (called fructose) and milk and some dairy foods (called lactose). Added sugars are found in foods such as cakes, sweets (mithai), and sugary drinks.

Fibre: this is another type of carbohydrate, which you can't digest, but is very important in keeping the digestive system healthy. Good sources of fibre include nuts and seeds, oats, wholegrain breads and fruit. They help you feel fuller for longer, which means you're less likely to snack.

HOW MUCH?

Everyone needs to eat some carbohydrates every day. The amount that you need will depend on your age, activity levels and the goals you – and your family – are trying to achieve, eg trying to lose weight, improve blood glucose levels or improve sports performance. Your dietitian can work with you to tailor an eating plan specifically for you – and, if necessary, for the whole family.

GO SLOW!

All carbs are made up of units of glucose – that means that whichever type of carb you eat, in the end it is broken down into glucose, which goes into your blood, making your blood glucose level go up.

The best carbs are 'slow-acting' carbohydrates, which raise your blood glucose more slowly, so they are better for diabetes. These carbs are sometimes called low

glycaemic index or low GI.

GI is simply a rating of carbs between one and 100, depending on how slowly or quickly they raise blood glucose. The lower the number, the slower the carb. Eat more low-GI carbs as part of your balanced lifestyle.

Basmati rice, especially brown basmati, is more slowly digested and absorbed than many other types of white rice, so it has a lower GI rating. Other traditional foods like dhal, beans and vegetables also have a low GI, so eat them often.

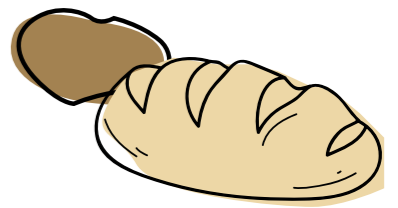
Not all low-GI foods are healthy choices – chocolate, for example, has a low GI because of its fat content, which slows down the absorption of carbohydrates.

If you mix wholemeal atta with white atta, you get medium brown atta. Similarly, mix a high-GI food with a low-GI one, and you get a medium one. So, add kidney bean curry to white roti and you help to slow down the rise in your blood glucose. Throw in a side salad and it gets even better. In a nutshell, adding beans or vegetables to meals will help to slow down the rate at which all the carbs are digested into glucose. But, no matter what the GI of your meal is,

HEALTHY FAMILY MEALS

It's easy to include low-GI carbs in everyday meals – try:

- moong dhal, rice and salad
- lamb and channa dhal curry, wholemeal roti, salad and plain yogurt
- kidney bean curry, tooer dhal, one small wholemeal roti, 2 tbsp brown basmati rice and cucumber raita
- chicken and green pepper curry, salad, wholemeal roti, and sugar-free and salt-free lassi, flavoured with fresh fruit or spices
- chicken pilau with added mixed veg, yogurt, salad and carrot pickle (dressed in lemon juice and spices).



the biggest influence on your blood glucose level will be the amount of carbs you eat, so it all comes back to having a portion size that is right for you – not everyone in the family will need to eat the same amount.

Other factors that can affect the GI ranking include:

Cooking methods – frying, boiling and baking can alter the GI level. For example, the longer pasta is cooked, the higher the GI. That's why it's best to eat it al dente (firm to the bite).

Protein content – like fat, protein slows down the absorption of carbohydrates, so milk and dairy products will have a low GI.

The ripeness of fruit and vegetables – in general, the riper the fruit and some vegetables, the higher the GI.

Fibre acts as a physical barrier that slows down the absorption of carbohydrate, so the more fibre in a food, the slower it's absorbed.



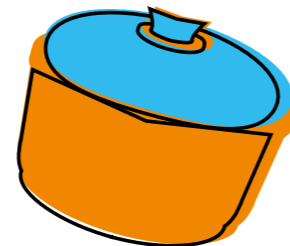
Find out more about GI in *Eating well with diabetes* – call **0345 123 2399*** or go to **shop.diabetes.org.uk** to get your copy, part of Diabetes UK's core suite of information.



INSULIN AND CARB COUNTING

If you're living with diabetes, and take insulin, you'll need to take that into account when eating carbs. Learn about which foods contain carbohydrates, how to estimate carbohydrate portions and how to monitor their effect on blood glucose levels. There are

special courses available, such as the DAFNE course, which your diabetes healthcare team can tell you about.



COELIAC DISEASE

This is an autoimmune disease that is more common in people with Type 1 diabetes, where the body reacts to gluten (a protein found in wheat, barley and rye), which damages the gut lining and makes it difficult to absorb food.

Everyone with Type 1 diabetes should be assessed for coeliac disease. If you are showing symptoms, you should be given a blood test. If the test is positive, diagnosis is confirmed by a gut biopsy. Don't start a gluten-free diet until you have a definite diagnosis, as this may give an inaccurate result.

The only treatment is to cut out gluten from your diet permanently. If you have coeliac disease, a specialist dietitian can help you with both diabetes and coeliac disease.

For more information about coeliac disease, go to **www.coeliac.org.uk**

প্রত্যেকের প্রতিদিন কিছু পরিমাণ শ্বেতসার দরকার। আপনার জন্য প্রয়োজনীয় পরিমাণ নির্ভর করে আপনার বয়স, কার্যকলাপের মাত্রা এবং আপনার স্বাস্থ্যের লক্ষ্যের উপর – যেমন, আপনি হ্রত ওজন কমানোর, রক্তে গ্লুকোজের মাত্রা ঠিক করার বা খেলাধুলায় উন্নতি করার চেষ্টা করছেন। কম GI থাকা শ্বেতসার খাবার খান, যেমন ব্রাউন বাসমতি চাল বা ডাল – শরীর এইগুলি মন্থরভাবে শুষে নেয় তাই আপনার পেট বেশি ক্ষণ ভরা থাকে।

ہر کسی کو روزانہ کچھ کاربوہائیڈریٹ کی ضرورت ہوتی ہے۔ وہ مقدار جس کی آپ کو ضرورت ہے اس کا انحصار آپ کی عمر، سرگرمی کی سطح اور آپ کی صحت سے متعلقہ اہداف پر ہے – مثال کے طور پر، کیا آپ وزن کم کرنے، بلڈ گلوکوز کی سطحوں کو بہتر بنانے یا پھر کھیل میں کارکردگی کو بہتر بنانے کی کوشش کر رہے ہیں۔ کم GI والے کاربوہائیڈریٹس، جیسے صرف بھورے باسمتی چاول یا دالوں کا انتخاب کریں – وہ زیادہ دھیرے دھیرے جذب ہوتے ہیں اس لئے آپ کو اور زیادہ دیر تک آسودگی کا احساس دلاتے ہیں۔

દરેક વ્યક્તિને દરરોજ થોડા કાર્બોહાઇડ્રેટની જરૂર પડે છે. તમને જરૂરી પ્રમાણનો આધાર તમારી ઉંમર, પ્રવૃત્તિનું સ્તર અને તમારા સ્વાસ્થ્યના લક્ષ્યાંકો પર રહેતો હોય છે - દાખલા તરીકે, તમે વજન ઓછું કરવાનો પ્રયત્ન કરતા હો કે નહિ, લોહીમાં ગ્લુકોઝના સ્તરો સુધારો અથવા રમતગમતમાં દેખાવ સુધારો. જીઆઈનું પ્રમાણ ઓછું હોય તેવા કાર્બોહાઇડ્રેટ પસંદ કરો, જેમ કે બ્રાઉન બાસમતી ચોખા અથવા દાળ - તે પાચનમાં બહુ ધીમેથી શોષાય છે તેથી તમને લાંબા સમય સુધી પેટ ભરેલું લાગે છે.



A good starting point is to get the Diabetes UK book *Carbs Count: an introduction to carbohydrate counting and insulin dose adjustment*, which is available free from **shop.diabetes.org.uk/store/literature**

Understanding food labels

If you buy pre-packaged foods and drinks, deciphering the information on the labels can be a challenge. Here's what you need to know.

Labels on food and drinks give essential information, such as the ingredients that the product contains, as well as the nutrients (such as fats, calories, fibre) and how much they contribute to what you're eating each day.

ON THE BACK

Information on the back of a pack is compulsory and gives detailed information about the ingredients, nutritional composition, known allergens, 'best before' or 'use-by' dates and the weight of the product. The ingredients are listed in order, starting with the largest ingredient first, down to the smallest ingredient last.

ON THE FRONT

'Front of pack' labelling, while still voluntary, has been around for a while now and is an easy way to check, at a glance, how healthy a food is. The labels show how many calories are in the food or drink and are also colour coded to show whether something is low (green), medium (amber) or high (red) in fat, saturated fat, sugar and salt (see example of a new label, right, and table, below).

All measures per 100g	Low	Medium	High
Fat	3g or less	>3g – ≤17.5g	More than 17.5g or >21g/portion
Saturated fat	1.5g or less	>1.5g – ≤5g	More than 5g or >6g/portion
Sugars	5g or less	>5g – ≤22.5g	More than 22.5g or >27g/portion
Salt	0.3g or less	>0.3g – ≤1.5g	More than 1.5g or >1.8g/portion

Note: portion size criteria apply to portions/serving sizes greater than 100g

Try to choose foods with more greens and ambers and fewer reds. And, if the traffic lights aren't available, check the 'per 100g' column on the 'back of pack' nutritional label.

PORTION SIZE

This is not to be confused with serving size, which you often see on packaged foods. In general, the portion sizes given are suitable for adults over the age of 18. With younger children and teenagers, who may need more calories a day depending on their age, it's often a case of increasing the number of portions of certain foods, particularly dairy foods, to provide enough calcium.



Find out more about food labelling in *Eating well with diabetes* – call 0345 123 2399* or go to shop.diabetes.org.uk to get your copy.

AND IF THERE IS NO NUTRITIONAL INFO?

Not everything you buy will have nutritional information, but that doesn't mean the rest of the pack doesn't give you clues to help you make a healthier choice. How much you eat of any food influences your nutrient and calorie intake, so think about the portion size when you're buying food and don't always eat the amount the manufacturer recommends if you think you need less.

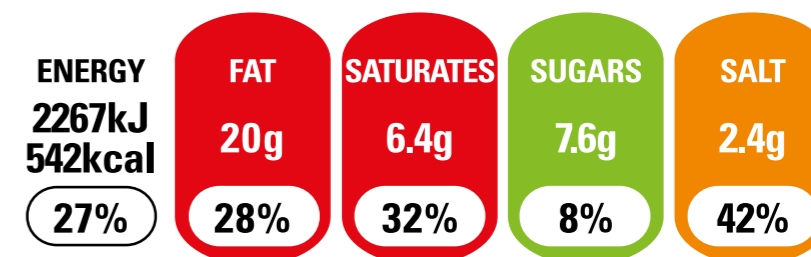
Some brands may also display captions like 'cholesterol free', 'reduced-fat', and so on. Don't be sucked into clever marketing. Most vegetable oils are cholesterol free anyway, so seeing this on a bottle

of oil doesn't necessarily mean you're getting something better. And if you see a pack of paneer that says 'reduced-fat', it only needs to be 30% lower in fat than regular paneer; don't be misled by that as you'll still get lots of fat in a portion.

Nutritional claims can be confusing. Here's the difference:

Fat free: has to have no fat, but check the ingredients list for added sugar and bulking agents, which are often used to replace the fat.

Sugar free: check the ingredients list for artificial sweeteners (see box, page 19).



of your reference intake
Typical values per 100g: Energy 756kJ/213kcal

Low fat: the product has 3g or less of fat per 100g.

Low sugar: has less than 5g of sugar per 100g.

No added sugar: although no sugar is added, there may be naturally occurring sugar in the food.

Reduced fat or sugar: contains 30 per cent less fat or sugar than the standard version of the product. This doesn't necessarily mean it's healthy and in some cases the lite version of, say, crisps, can contain the same amount of calories and fat as the standard version of another brand.

It's important to check the ingredients list or back of pack label so you can compare two products like for like per 100g.

કોઈપણ ખોરાક કે પીણામાં કેટલી કેલરી છે, અને કેટલી ચરબી, ચરબીથી તરબોળ, ખાંડ અને મીઠું છે તેના આધારે ખોરાક કેટલો આરોગ્યપ્રદ છે તે - એક નજરે - ચકાસવા માટે ટ્રાફિક લાઈટ સિસ્ટમ સરળ માર્ગ છે. ચોક્કસ પોષકદ્રવ્યમાં શું કશુંક ઓછાં (લીલા રંગથી), મધ્યમ (પીળા રંગથી) કે વધારે (લાલ રંગથી) પ્રમાણમાં છે કે કેમ તે બતાવવા, આ પ્રમાણને રંગથી દર્શાવવામાં આવ્યા છે.

વધુ લીલા અને પીળા રંગ અને ઓછા લાલ રંગવાળા ખોરાકની પસંદગી કરવાનો પ્રયત્ન કરો.

Nutritional labels will help you choose



6 WAYS TO BE LABEL SAVVY

Follow these tips to become expert at deciphering labels in minutes:

- 1 Go for green, occasionally amber, and regard red as a treat.
- 2 Reference intake percentages are given per portion – check how much of the pack counts as a portion to avoid consuming more calories, fat and sugar than you need.
- 3 All carbohydrates raise blood glucose levels. Labels on the front of the pack do not include the amount

of carbs, so check the 'back of pack' label for the total carbohydrate, which includes carbohydrates from starchy food, as well as sugars.

- 4 The figures for sugars on traffic lights are for total sugars, which doesn't tell you how much of the sugar comes from natural sources, such as fructose, and how much is added, such as sucrose or glucose. Check the ingredients list – if syrup, invert syrup, cane sugar, molasses or anything ending in 'ose' is within the first three ingredients, try to choose a healthier alternative.

- 5 Check the fibre content on the 'back of pack' label. If you're trying to choose between two products and one has more fibre, choose that, as we should all be consuming more fibre as part of our daily diet.
- 6 Check the manufacturer's definition of a portion size. It may differ from yours and be smaller than you would like. However, if you are trying to lose weight or maintain a healthy weight, it's good to stick to sensible portions.

યાચાઈ કરાર એક ટી સહજ ઉપાય હલ ટ્રાફિક આલોર વ્યવસ્થાર મત - એક નજરે - એક ટી થાવાર કતટા સ્વાસ્થ્યકર તા નિર્ભર કરે સેઈ થાવાર વા પાનીયતે કત ક્યાલરિ, કતથાનિ ચર્વિ, સમ્પૂજ્ક ચર્વિ, ટિનિ ઓ લવણ આહે તાર ઉપર. એક ટી વિશેષ પૂષ્ટિતે એઈ પરિમાણગુલિ રંગ દિસે દેખાનો હયેહે, કમ થાકલે (સવૂજ), મોટામૂટિ થાકલે (હલૂદ) વા વેશિ થાકલે (લાલ). કમ લાલ એવં વેશિ સવૂજ ઓ હલૂદ થાકા થાવાર પહ્લન કરતે હેસ્ટા કરૂન.

ટ્રિફિક લાઈટ કા ન્યામ - એક નજર મિન - યે દિકેને કા સબ સે અજા ટ્રિફિક યે કે કોઈ કહાના અસ બનિા પર કતના સહત બજશ યે કે કોઈ કહાને યા મશ્રુબ મિન કતની કિલોરિઝ ઓર કતની ટકનાઈ, ખાલસ ટકનાઈ, શકર ઓર ટક યે. યે મકદારિ યે દિકહાને કે લે રંગ કે કોડ મિન ટોતી યે કે કિા કોઈ મિન કોઈ ખાસ ઘડાઈ જરુ કમ (સબ), ઓસુ (ઝરુ માઈ) યા ઝિાદે (સર) યે.

ઝિાદે સિઝ ઓર ઝરુ માઈ ઓર કમ સરુ ઓલે કહાનો કા અંતજાબ કરિ.

Family cooking



Cooking from scratch helps to make sure that what's put on the table is part of a healthy, balanced diet. The whole family can play their part and, when the meal is ready, you can all relax and enjoy it.

TRADITIONAL HABITS ARE A WINNER

One of the reasons why childhood obesity is such a big issue in the UK is because families are eating fewer home-cooked meals and there's an increased reliance on ready meals and fast foods.

The beauty of South Asian culture is that families cook fresh curry and roti almost every day, and tend to eat together as a family more often than the wider UK population. So, you're probably more in control of what you're eating as you're cooking it yourself. A traditional practice to be celebrated!

Enjoy this experience with your family – cooking together, especially with your children, can help to inspire a lifelong interest in food and cooking.

Recipes are often handed down from mum and Ma (grandma), and this helps to preserve the unique flavour of our favourite foods. You probably don't tend to measure ingredients, and assess the amount you add by eye – if you cook often, you'll probably have a knack for knowing how much oil, salt, chillies, and other spices you need to add to make your dishes taste good. This is a great skill, but measuring the amount of ingredients like fat and salt can help you to gradually cut down, and make your family meals that bit healthier.



YOUR FLAVOUR TOOLBOX

- 1 Roast and toast spices – cumin (jeera), cardamom seeds (elaichi), cloves, black peppercorns, cinnamon sticks and onion seeds (kalonji) still release their flavour and aroma when toasted without oil.
- 2 Marinate chicken, fish, lamb, beef and mutton in chopped chillies, ginger, garlic and lemon juice and then simply grill or roast in the oven. Add yogurt, paprika and tomato purée if you like it tandoori or tikka style.
- 3 Making samosas? Try filo pastry instead. Use two or three sheets per samosa and spread milk or beaten egg between the sheets to stop them going dry. Then bake your samosas instead of frying them. Just brush with a little oil beforehand.
- 4 Grill masala fish. Use your usual spices and add a drizzle of olive, sunflower or rapeseed oil or a few sprays of spray oil. While that's grilling, you could dry roast your spices for the masala.
- 5 Grill or toast poppadoms on a tawa.
- 6 Chutneys and pickles can be made with lemon juice and fruits to help you cut down on oil and sugar. Fresh kachumber made from onions, green chillies, cucumber, tomato and lemon juice or vinegar adds a refreshing touch to rice dishes.
- 7 Do you need to add jaggery (gur) to savoury dishes? If you really must, just add a small chunk.
- 8 Use low-fat Greek yogurt in korma, instead of cream or coconut milk. Stir it in at the end of cooking and take care not to boil to prevent it separating. The yogurt adds flavour and a creamy texture.

SLOWLY DOES IT

Too much oil, butter, ghee and other fats can make you put on weight and increase your risk of heart disease. Since people with diabetes, particularly South Asian men, are at greater risk of heart problems, it pays to cut down on the amount of fat you add in cooking. Start by measuring the amount of oil and salt you normally

add, and then gradually cut down. There's no need to change drastically all in one go – the trick is to do it slowly, so the whole family gets used to the change.

Watching the amount of food you eat is key, as this will affect your weight and your blood glucose levels. Everyone needs to eat different amounts for good health, so if you're cooking for four,

you don't necessarily need four portions of the same size. Even if there's a huge plate of food in the centre of the table, be smart with how you eat: use a smaller plate, don't prepare the next mouthful until you've finished chewing, chew slowly and really taste your food.

WHO'S COMING TO DINNER?

Do you find that you add extra ghee or butter to the masala when guests are invited home? Maybe you fry some pakoras or samosas if they're just coming for chai. It's part of South Asian hospitality, and wanting to create extra special dishes for a guest is something to be proud of – and you can prepare those dishes in a healthier way,

without skimping on flavour. Your guests may not even realise there's a difference as you can still make super tasty food with less oil and salt. Check out the flavour toolbox (page 21) for eight top tips.

SWEETEN THE HEALTHY WAY

Sweetness is an important quality in dishes like mithai, cakes, kheer or seviyan. Try these easy swaps

to use less sugar and fat:

- Experiment with dried fruit – add raisins, dried apricots, dates or sultanas to cake mixes and milky puddings.
- Use grated carrots to add texture and goodness to kheer and seviyan.
- Try semi-skimmed milk in place of whole or evaporated milk to keep the fat content down.

আপনি পরিবারের জন্য রান্না করুন বা বিশেষ অতিথিদের জন্য রান্না করুন, শুরু থেকে সাউথ এশিয়ান রান্না করার পরম্পরা এবং একসাথে খাওয়া পালন করা উচিত। আপনি আপনার পরিবারের প্রিয় খাবার আর একটু স্বাস্থ্যকর করতে পারেন:

- একটি পদ রান্না করার জন্য বোতল থেকে সরাসরি তেল ঢালার বদলে তেল ঝেপে নিন।
- কেক এবং দুধের পুডিং মিস্টি করার জন্য কিছু পরিমাণ চিনির বদলে শুকনো ফল ব্যবহার করুন।
- কম চর্বির দুগ্ধজাত খাবার ব্যবহার করুন, যেমন পুরো চর্বির দুধের জায়গায় সেমি-স্কিমড দুধ, বা কোমার জন্য ক্রিম বা নারকোলের দুধের বদলে কম চর্বির গ্রিক দই।

তমে কুটুংলীজনো মাটে পোরাড রাংধী রহাং হে কে মহেমানো মাটে কঁচক ভাস বনাভী রহাং হে, পহেলেধী রাংধবানী অনে সাথে বেসীনে ভাবানী দক্ষিণ এশিয়ায় পূরংপরা মায়াবী জেঁইয়ে। তমে নীয়ে জয়াব্যা পুরায়ে তমারী মনপসংড ডেমিলী রেসিপি বধারে আরোগ্যপ্রদ বনাভী শকো ণ:

- বানগী রাংধবা তমে জে তেল বাপরতা হে তেনে সীধুং শীশীমাংধী রেডবানে বদলে তেজু পুরায়ে মাযবুং
- ডেক অনে দুধবালা পুডিংগানে গায়ে বনাববা মাটে ভাংসনে বদলে সূকা মেবানো প্রয়োগ করবো
- ডোরমামাং ডুল ডেটবানা দুধনে বদলে অোঁধী মলাওঁবানা দুধ অথবা মলাওঁ কে ডোপরানা দুধনে বদলে অোঁধী যরঝীবানা গ্রীক যোগাওঁনো উপযোগ করবো।

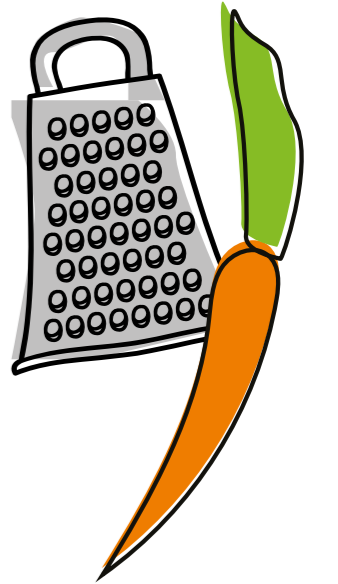
خواه آپ گھرانے کے لئے کھانا پکا رہے ہوں، یا مہمانوں کے لئے کوئی خاص چیز بنا رہے ہوں، شروع ہی سے کھانا پکانے اور ایک ساتھ کھانے کی جنوبی ایشیائی روایت کو سراہا جانا چاہئے۔ آپ درج ذیل کے ذریعہ اپنے پسندیدہ گھریلو نسخوں کو تھوڑا اور زیادہ صحت بخش بنا سکتے ہیں:

- بوتل سے سیدھے انڈیلنے کے بجائے، تیل کی اس مقدار کو ناپنا جو آپ کوئی پکوانے کے لئے استعمال کرتے ہیں
- کیک اور دودھ سے بنی پڈنگ کو میٹھا کرنے کے لئے تھوڑی شکر کے بجائے خشک پھلوں اور میوؤں کے ساتھ تجربہ کرنا۔
- قورمہ میں کم چکنائی والی دودھ سے بنی مصنوعات، جیسے پوری چکنائی والی چیزوں کے بجائے نیم بلویا دودھ، یا کریم یا ناریل کے دودھ کے بجائے کم چکنائی والے گریک دہی، کا استعمال کریں



Prakash Chavda, 63, lives in Pinner, Middlesex and has Type 2 diabetes

"After I was diagnosed, 18 years ago, I had to give a lot more thought to what I was eating and drinking. I decided to make major changes to my diet and cooking habits, and keep an eye on my portion sizes."



Eating out with diabetes



There is often a good reason to celebrate, whether it's a wedding, a religious festival, such as Diwali, Eid or Vaisakhi, the birth of a child, a promotion at work... the list goes on. Having diabetes doesn't mean you can't participate in festivities or eat out at a restaurant. It's a good idea, however, to be mindful of the foods you choose and how much you eat, as making a habit of eating rich foods can affect your long-term health.

MIND GAMES

A couple of fried samosas might contain more than 300 calories. Add that to a plate of meat pilau and your meal so far could be more than 1,000Kcal, as well as being high in unhealthy fats. That's before you've had anything sweet like ladoo or kulfi. Instead, you can trick your brain into thinking you're eating more than you actually are – without feeling deprived. Try these tips:

- Pace yourself by having one samosa.

Meals and snacks out may often be higher in salt, fat and sugar than those you make at home, and the portion sizes may be bigger, too.

- Fill your plate with lots of salad and yogurt, then add the pilau to the remaining space on the plate. You will find there is less room for the pilau, yet you're still having a full plate of food.
- Share rich foods, such as kulfi, with a friend. Use a teaspoon, rather than a dessert spoon, so your bites are smaller.

THE WEDDING OR FESTIVAL

Whether you're at a wedding buffet, a religious celebration, or dinner with friends, practice only serving yourself once. This is a really good habit to teach your children, too.

Try these other healthy hints:

- ✔ Fill yourself up with those foods you know are lower in calories, such as fresh vegetables and salads, oil-free chutneys and pickles, yogurt and fruit.
- ✔ If there is a choice of starters, think about which ones might be better for you. Soups, vegetable sticks with dips, olives, undressed salads, chicken tikka, grilled shish and seekh kebabs are generally healthier choices than spring rolls, samosas and pakoras.
- ✔ Naans are often very large; they're made with low-fibre white flour and may be

drenched in butter. You don't need to have a whole, or even half a naan. Tear a smaller piece and place it flat on your plate rather than on top of other food.

- ✗ Keep an eye on crispy fried snacks, like gathia and sev. They are deep-fried and give you very little nutritional benefit, but can clock up the calories.

PARTY TIME FOR CHILDREN WITH DIABETES

It's hard to imagine a children's birthday party without cake and sweets. It seems to be just as normal as presents and balloons. A child with diabetes can still enjoy birthday parties, dinner at a friend's house and school trips – you'll just need to do a little forward planning.

If your child is visiting a friend's house, it's good to let the parents know how to look after your child's diabetes. No doubt they would rather be prepared than panic if your child has a hypo or can't eat any of the food on offer. Same goes for informing the school if they're going on a trip.

Remember, your child is likely to be active at a party or a school excursion, so they will need extra carbohydrate anyway. Some of this could be a sweet treat, so your child can feel they can fully

participate in all the fun. However, as well as this, teach them how to fill up on starchy foods like sandwiches, chips or potato wedges, and fruit.

THE TAKEAWAY

Most children these days – and some adults – want to enjoy fast foods like burgers and fries, and there's no reason why people with diabetes can't do this. Many outlets no longer serve carrot sticks, salads, potato wedges, and small cartons of fruit juice and diet drinks instead of sugar-rich drinks and crispy fries. You can order burgers without the high-fat cheese or mayo and you can ask for extra lettuce or gherkins, too. If going for a pizza, order a thin base, ask for less cheese and go for lots of vegetable topping. These simple swaps help you to encourage healthier habits in the whole family.

THE RESTAURANT

Going out to eat is a special occasion and you probably tend to spoil yourself a bit more than if you were eating at home.

- ✔ Choose a starter that is light and refreshing, such as a fragrant Thai salad. Barbecued or grilled meat or fish starters are likely to be lower in fat than richer

dishes, so opt for chicken satay, tikka, mixed grills or tandoori.

- ✔ Scan the menu for steamed or boiled dishes like steamed rice, noodles with vegetables, grilled meat and fish dishes.
- ✔ Get into the habit of ordering extra side salads and ask for the dressing to be served on the side. Most places are happy to give you some fresh lemon and cracked black pepper to add to your salad.



INSULIN AND EATING OUT



A change in usual routine and diet when eating out needn't have an effect on diabetes control. It can be balanced by adjusting the timing and/or the amount of insulin that is taken. If you're confident with counting

carbs, either for yourself or your child, and adjusting your insulin dose, it may be possible to change the amount injected to fit with the food eaten. To make it easier to estimate the amount of carbohydrate you or your child is eating, try the **Carbs & Cals** book or app (go to shop.diabetes.org.uk).

অনেক সময় আপনার নিজের তৈরি না করা খাবার খুব উপভোগ্য হয়, এবং ডায়াবিটিস তার জন্য বাধা হয় না। সামান্য জ্ঞানের সাহায্যে, আপনি স্বাস্থ্যকর নির্দেশিকা মেনেও বাইরের খাবার উপভোগ করতে পারেন। বাইরে খাওয়া উপভোগ করার জন্য এই পাঁচটি সুপারামর্শ মেনে চলুন:

- 1 একটি বৃক্ষেতে আপনি যা খাচ্ছেন তার থেকে বেশি খাচ্ছেন বুঝিয়ে নিজেকে বোকা বানান আপনার প্লেট সন্দি ও স্যালাড দিয়ে ভর্তি করুন অস্বাস্থ্যকর খাবার নেবার আগে। কেবল একবার খাবার নেওয়া অভ্যাস করুন।
- 2 গোটা বা অর্ধেক নানের বদলে খানিকটা টুকরো ছিঁড়ে নিন।

- 3 চিজ ও মেয়ো ছাড়া বার্গার নিন এবং প্রচুর সসী দেওয়া পাতলা পিংজার অর্ডার দিন।
- 4 রেস্টুরাঁয় হান্ডা এবং চাপ্কারী স্টার্টার নিন যেমন সুগন্ধী থাই স্যালাড। সিদ্ধ করা ভাত, গিল করা মুরগি বা মাছ আর তার সাথে বাড়তি স্যালাড দিতে বলুন এবং ডেসিং আলাদা দিতে বলুন।
- 5 আপনি ইনসুলিন নিয়ে থাকলে, নিত্যসূচী বদলালে সমস্যা হবে না – আপনি যা খান সেই অনুযায়ী ইনসুলিন কমাতে বাড়াতে পারেন। কীভাবে এটা করতে হয় জানা না থাকলে, আপনার ডায়েটিশিয়ানের সাথে কথা বলুন।

ক্যারেক তমে জাতে ন বনাবেলা মোজননো আনন্দ লো যে সারী বাত ছে অনে ডায়াবীটিস তেমাং কোঁ অবরোধ ঊলুং করতুং নথী। থোডী জাএকারী সাথে, তমে আরোগ্যলক্ষী বাবতোনী মার্গেভায়োনে বণগী রহীনে বহার ভাবানো আনন্দ মাএী শকো ছো। বহার ভাবানো আনন্দ লেবা মাটে আ পাংচ টিপ্স অজমাવી জুখো:

1 বুড়েমাং অেবুং বিচারীনে তমারা মগাজনে পটাবো কে তমে থাণীমাং বিনআরোগ্যপ্রএ মোরাক উমেরতাং পহেলাং তমারী থাণীনে শাকলাজ্ঞ অনে সলাসথী ভরীনে বধু

প্রমাএমাং ভাএ রহাং ছো। পোতানে মাত্র অেক জ বমত পীরসবানী আএত পাডো।

- 2 আমো নান ভাবানে বদলে তেনো টুকডো অলগ করো অথবা আমা নাননে অডধো করো।
- 3 খীজ অনে মেযো বিনানা বর্গার ভাখো অনে পুঞ্চল শাকলাজ্ঞথী টোপিংগ করেলা পাতলা পসনা পিঅা মংগাবো।
- 4 রেস্টোরন্টমাং অেবুং স্টার্টর পসং করো জে হণবুং অনে তাজগীএাচক হোয় জেম কে সুগাংধীএার থাএ

সলাস। বাইলো কে বরাণথী তৈয়ার করেলো ভাত, গিলে চিকন অথবা মাছলী পসং করো অনে রায়তুং-যটপী অলগথী পীরসীনে অেস্ট্রা সাএস সলাস মংগাবো।

5 জো তমে ইনসুলিন লীধুং হোয় তো দিনরখাংমাং ডেরফার থবাথী সমস্যা নহী নডে - তমে শুং ভাখো ছো তেনা আধারে তমারা ইনসুলিনমাং অনুঞ্জন ডেরফার করী শকো ছো। জো তমে যোক্কস না হো কে আ কেবী রীতে করবুং তো তমারা ডায়েটিশিয়ন সাথে বাত করো।

1 اگر آپ انسولین لے رہے ہیں تو معمول میں تبدیلی کرنے میں کوئی پریشانی نہیں ہوگی - جو کچھ آپ کھاتے ہیں اس کے مطابق اپنی انسولین کو موافق بنا سکتے ہیں۔ اگر آپ نہیں جانتے ہیں کہ ایسا کس طرح کریں تو اپنے ماہر غذا سے بات کریں۔

2 پوری یا آدھی نان کے بجائے، اس کا ایک ٹکڑا توڑیں۔

3 بغیر پنیر یا میو کے برگر لیں اور ایسی پتلی پرت والے پیڑوں کا آرڈر دیں جس پر بہت ساری سبزیوں کی تہہ چڑھی ہو۔

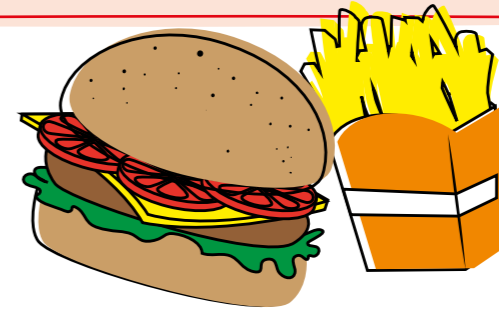
4 کسی ریسٹوران میں، کھانے سے پہلے ایسی چیز کا انتخاب کریں جو ہلکی اور مفرح ہو، جیسے خوشبودار تھائی سلاڈ۔ ابلے ہوئے یا بھاپ سے پکے ہوئے چاول، گرل کیا ہوا مرغ یا مچھلی کا انتخاب کریں اور الگ سے پیش کئے جانے والے مسالے دار اضافی سلاڈ کا آرڈر دیں۔

1 کبھی کبھی ایسے کھانے کے مزے لینا شاندار ہوتا ہے جو آپ نے خود نہ پکایا ہو، اور ڈیایبٹس اس کے لئے رکاوٹ نہیں ہے۔ تھوڑی سی معلومات کے ساتھ، صحت بخش رہنما اصولوں پر قائم رہتے ہوئے آپ باہر کھانا کھانے کے مزے لے سکتے ہیں۔ باہر کھانا کھانے کے مزے لینے کے لئے یہ پانچ مفید اشارات آزمائیں:

2 کسی بفعے میں، اپنے پلیٹ میں غیر صحت بخش کھانا ڈالنے سے پہلے اسے سبزیوں اور سلاڈ سے بھرتے ہوئے یہ سوچ کر اپنے دماغ کو چکمہ دیں کہ آپ معمول سے زیادہ کھا رہے ہیں۔ خود کو صرف ایک بار کھانا پیش کرنے کی عادت ڈالیں۔ ۲

Prakash Chavda, 63, lives in Pinner, Middlesex and has Type 2 diabetes

"Food plays an important part in any celebration in my community from birthdays to weddings. Having diabetes does not mean you have to miss out. My tips are don't arrive at parties hungry and try to make healthy choices."



Alcohol and other drinks

Your body is made up of nearly two-thirds water, so it makes sense to drink enough every day to stay hydrated and healthy. Water, tea, coffee, milk, fruit juices and smoothies all count – and you get fluid from the food you eat, especially from fruit and veg.

THIRSTY?

Does it matter what we drink? Yes, particularly when it comes to fruit juices and sugary or alcoholic drinks – you can be having more calories and sugar than you intend to because you're drinking it and not noticing.

Water is calorie-free and sugar-free. Choose water, rather than sugary drinks, especially when you're thirsty in between meals.

However, there are times when water just doesn't do the trick. So, how do you know what to choose? Follow these tips to make sure you're choosing wisely:

- **Chai, tea, coffee and hot chocolate** – cut back on sugar and use semi-skimmed or skimmed milk. Tinned

evaporated milk often used in chai is higher in fat than fresh milk. Some people find that using semi-skimmed UHT milk in place of semi-skimmed fresh milk makes a creamier chai.

- **Herbal teas** make a refreshing change and most are caffeine-free.
- **Fruit juices** (100% juice) contain vitamins and minerals and 150ml provides one portion of your five a day – but remember, fruit juices only count as one portion, however much you drink.
- **Fizzy sugary drinks** provide little else apart from a lot of sugar, so choose sugar-free alternatives. Flavoured waters and coconut water are also high in sugar.
- **Energy drinks** – the only time when these drinks can be helpful in diabetes is when you need to get your blood glucose up quickly after a hypo. Energy drinks are high in caffeine and contain up to 12 tsp of sugar.
- **Milk** is one of the best drinks to have after sport. It's hydrating and a good source of protein and

carbohydrate. Choose skimmed or semi-skimmed milk.

IF YOU DRINK ALCOHOL...

Current government guidelines recommend no more than 3–4 units of alcohol a day for men, and 2–3 units a day for women. It's better to drink less and to have 2–3 alcohol-free days a week.

THREE TOP TIPS FOR SAFER DRINKING

- 1 Make sure you tell people about your diabetes and how to help you if you have a hypo. Carry some identification with you, too.
- 2 Have something to eat before you go out. Always have something starchy, such as cereal or toast, before going to bed after you've had more than a few units of alcohol, as this will help reduce your risk of a night-time hypo. Drink a pint of water, too, so that you stay hydrated.
- 3 Check your blood glucose in the morning and if you find it's low, don't ignore it. If you can't face food, have a sugary drink.

QUICK QUENCHERS

- 1 Add slices of cucumber, lemon, or mint leaves to a glass of iced water.
- 2 Mix sparkling water with a small amount of squash or cordial.
- 3 Make ice cubes from watermelon or grapes to brighten up your sugar-free drinks.
- 4 Gradually dilute fruit juice so you get used to less sweetness.
- 5 Try different types of flavoured teas – fresh mint leaves in boiling water is very refreshing.
- 6 Keep a bottle or a jug of water on the dinner table.
- 7 Alternate alcoholic drinks with sparkling water, sugar-free lime and soda or diet drinks.
- 8 Add ground elaichi (cardamom seeds) to flavour chai in place of sugar and use semi-skimmed milk rather than whole or evaporated milk.
- 9 Use diet or light versions of hot chocolate.
- 10 Check the label on drinks cartons and choose the one that's lowest in sugar.



নিজেকে হাইড্রেটেড রাখার জন্য পাঁচটি পানীয়

- **জল / পানি** – ক্যালরিমুক্ত এবং চিনিমুক্ত।
- **চা, কফি এবং হট চকোলেট** – চিনি কমান এবং সেমি-স্কিমড বা স্কিমড দুধ ব্যবহার করুন।
- **হার্বাল চা** – ক্যাফিন-মুক্ত।
- **ফলের রস (100% রস)** – এতে ভিটামিন ও খনিজপদার্থ আছে এবং দিনে পাঁচটি ফলের একটি হয় – তবে একবারের বেশি নয়।
- **দুধ** – প্রোটিন ও স্নেহসারের ভাল উৎস। কম চর্বিযুক্ত দুধ খান।

तमारा शरीरमा पाणीनुं पूरतुं प्रमाणे जलवता पांय पीएां

- **पाणी** – कैलरीमुक्त अने भांड रहित।
- **चा, कॉफी अने हॉट चॉकलेट** – भांड पर काप भूको अने ओछी मलाएवाणा के मलाएरहित दूधनो उपयोग करो।
- **हर्बल चा** – कैफिनमुक्त।
- **इलानो रस (100% ज्यूस)** – विटामिन्स अने मिनेरल्स धरावे छे अने दिवसना पांयमां भाग जटलो – अटले पांयमांथी मात्र अेक आहार भाग पूरो पाडे छे।
- **दूध** – प्रोटीन अने कार्बोहाइड्रेटनो सारो स्रोत छे। ओछी चरबीवाणुं दूध पसंद करो।

آپ کو آبیہ رکھنے کے لئے پانچ مشروبات

- **پانی** – کیلوری سے خالی اور شکر سے خالی۔
- **چائے، کافی اور گرم چاکلیٹ** – شکر کم کریں اور نیم بلویا یا بلویا ہوا دودھ استعمال کریں۔
- **جڑی بوٹیوں کی چائے** – کیفین سے خالی۔
- **پھل کے جوس (100% جوس)** – وٹامن اور معدنیات پر مشتمل بوتے ہیں اور ہمارے یومیہ پانچ میں سے ایک پورشن فراہم کرتے ہیں – لیکن صرف ایک۔
- **دودھ** – پروٹین اور کاربوہائیڈریٹ کا ایک اچھا ذریعہ ہے۔ کم چکنائی والے دودھ کا انتخاب کریں۔



READY STEADY SHOP!

DiABETES UK
CARE. CONNECT. CAMPAIGN.

new balance



A selection of items from Diabetes UK.
All funds raised come to the charity.

NEW BALANCE TRAINERS

Exciting range of New Balance trainers. For information on size, colour and width, please call **0800 585 088**. Alternatively, go to shop.diabetes.org.uk



CHILDREN'S T-SHIRTS

100 per cent cotton blue short-sleeved T-shirt with Diabetes UK logo on the front and back.

£4.99 – Ages 3–13



INSULIN WALLETS

Selection of pouches to keep your insulin and related supplies organised and portable. Extremely durable and ideal for long journeys.

Prices start from £12.99



PIGGY BANK

Delightful blue transparent piggy bank, with Diabetes UK logo.

£2.50

A time
to purify

Religious Fasting

Fasting is usually a time of prayer, reflection and purification. It can also be a great kick-start towards a healthier lifestyle.

There are many different religious practices around fasting. Perhaps you fast on certain days of the month, or on a particular day, such as Tuesdays and Fridays. Fasting is also common during some festivals, such as Navaratri. Each fast has a particular set of principles, such as fasting from sunrise to sunset during Ramadan, or only eating fruit and avoiding cereal foods.



TOP TIPS

- 1 Speak to your diabetes healthcare team about adjusting medication and/or insulin, testing and avoiding highs and lows.
- 2 If you experience symptoms of a hypo, break the fast immediately and treat it with your usual hypo treatment.
- 3 At the end of fasting, drink plenty of water or sugar-free drinks to avoid dehydration. If you like sweet drinks, use a sweetener, instead of sugar.

- ★ Before you begin fasting, speak to your diabetes healthcare team about medication and how to keep good diabetes control.

If you've decided to fast, and you take insulin, you'll need less before the start of the fast and you might need to change the type of insulin – check with your diabetes healthcare team. Pre-mixed insulin is not recommended during fasting.

Check your blood glucose levels more often than you normally would. Test two to four hours after you begin fasting and then a few times during the day. If you get symptoms of a hypo, eg feeling shaky, sweaty and disorientated, break the fast immediately and have your usual hypo treatment.

RAMADAN AND DIABETES

Fasts during the month of Ramadan requires total abstinence from food and drink for many hours, and this can be particularly challenging when Ramadan falls during peak summer, since there are more hours between sunrise and sunset. Long fasts put you at higher risk of hypoglycaemia and dehydration, which can make you ill. Most people with health conditions, such as diabetes, are exempt from fasting. Speak to your religious leader if you want information about whether you are exempt from fasting. It pays to plan ahead and speak to your diabetes healthcare team, so that your diabetes is kept in check during the fast.

Order these and other Diabetes UK items at shop.diabetes.org.uk or freephone **0800 585 088**, Monday to Friday, 8am to 6pm. Please quote TEF1 when placing your order. (Postage is charged on some items.)

FOOD TIPS FOR FASTING DURING RAMADAN

- Before starting the fast, ideally just before sunrise, have more slowly absorbed (low-GI) carb-containing foods, such as millet (bajra), basmati or brown rice, roti or wholemeal pitta bread, dhal, vegetables (sabzi), salad, nuts, oats and fruit.
- When it's time to break the fast, eat slowly and have only small amounts, so that you'll be more aware of when you start

to feel full. This way, you might realise that you don't need as big a portion to satisfy your hunger.

- Try not to eat only sweet or fatty foods. Enjoy a couple of dates (they are great for getting your blood sugar up quickly after the fast, but too many can be counterproductive), and rehydrate with water or milk. Drink plenty of sugar-free and decaffeinated fluids to avoid being dehydrated.

- Rich foods like samosas, meat curries made with fried onions and masalas, and rice dishes like biryani give you lots of fat and calories, and can make you feel heavy and sluggish after a fast. Turn to page 20 and check out the 'Family cooking' tips to help you make healthy and tasty dishes.
- Although it can be difficult in the summer months, try not to go to bed straight after your sunset meal.



HEALTHY WAYS TO BREAK YOUR FAST

- Potato curry and pooris may be a popular traditional meal, but be aware that you are getting carbs from the potatoes and the pooris. Such dishes also have lots of added oil or ghee. Have smaller portions and consider having roti instead of pooris to keep the fat down. Add peas and peppers to the potatoes to cut down on the carbs and eat more vegetables.

- Team meals up with a mixed salad: use lots of different fresh foods such as lettuce, tomato, cucumber, radish, apples, pomegranate seeds and sweetcorn.
- Include traditional fruit and vegetables often – try grilled aubergine (bengan) and lightly stir-fried okra bhindi.
- For dessert, you could make home-made mango pulp mixed with skimmed milk, a fresh fruit salad or a spicy fruit chaat.

উপবাস শুরু করার আগে, ওষুধপত্রের বিষয়ে এবং কীভাবে ডায়বিটিস ভালভাবে নিয়ন্ত্রণে রাখা যায় সেই বিষয়ে আপনার ডায়বিটিস স্বাস্থ্যসেবা দলের সাথে কথা বলুন।

তমে উপবাস করবানুঁ শুরু করে তে পহেলাঁ এ বা বিশেষ অনে ডায়াবীটিসনে সারী রীতে নিয়ন্ত্রিত রাখবা অংগে তমারী ডায়াবীটিস আরোগ্য-সংভাণ টীম সাথে বাত করে।

روزہ رکھنا شروع کرنے سے پہلے، اپنی ڈیابیطس سے متعلقہ صحت نگہداشت ٹیم سے دوا لینے اور اس بارے میں بات کریں کہ کس طرح ڈیابیطس پر اچھی طرح قابو رکھیں۔

Mrs Asha Bawa, 68, is keen to reduce her risk of Type 2 diabetes

"The best advice I would give to someone who has been diagnosed with diabetes, like my husband, is to stay calm and don't think that your life has ended. You can easily manage your health with a few small changes and don't have to be deprived. There is a lot of denial about diabetes in Asian communities, but think of it as a condition, not a disease. I try to give emotional support, as well as advice about food and healthy eating. I would also say go on one of the courses about diabetes as you will learn and understand so much and feel more in control."



Rehydrate with water or milk

What's your healthy weight?



We know that most adults in the UK are overweight or obese and those extra pounds can cause problems with our health, whether we have diabetes or not. Excess weight is linked with heart disease, high blood pressure, stroke and some cancers – as well as Type 2 diabetes.

Achieving a healthy weight, and maintaining it, is often easier said than done and it's one of the hardest things to do for some people. Whether you want to lose or gain a few pounds – or are a healthy weight already – there's lots of evidence to show that being a healthy weight will benefit your overall health. These benefits include better blood pressure, cholesterol and blood glucose levels and reduce your risk of developing any long-term health problems. And, most people say they also feel better about how they look.

WHAT IS A HEALTHY WEIGHT?

Everyone's healthy weight is different. Your first step to working out if you are at a healthy weight is to find out what your body mass index (BMI) is and what your waist size is. For most adults, these are good clues to whether they are at a healthy weight.

BMI measures the amount of weight relative to your height and will give you an indication of whether you are underweight, a healthy weight or overweight.

BMI

Find out more about BMI, including how to work out if your BMI is healthy, in *Eating well with diabetes* – to get your copy, call **0345 123 2399*** or go to shop.diabetes.org.uk
Or, go to:
www.nhs.uk/tools/pages/healthyweightcalculator.aspx

WHAT'S YOUR WAIST MEASUREMENT?

People from South Asian groups are genetically more likely to have fat around their middle (called central obesity), and to have more fat than muscle. If you are centrally obese, you tend to be less sensitive to the effect of insulin and this can lead to insulin resistance. People with insulin resistance tend to be more at risk of diabetes and heart problems. But, if you manage to reduce the fat around your tummy, you can improve your sensitivity to insulin and therefore reduce your risks of these chronic conditions. Measuring your waist can help you find out how much fat you have stored around your stomach. People who store more fat around their stomachs are more likely to develop Type 2 diabetes, heart disease and high blood pressure. If you need to lose weight, reducing your waist size will help to improve blood glucose control.

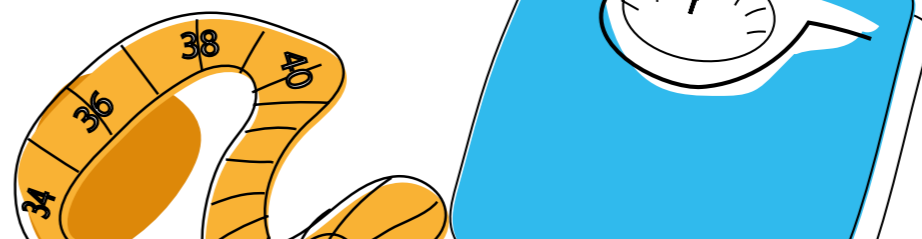
Measure your waist with a tape measure now (around your middle, midway between the bottom of your ribcage and the top of your hips).

It should be less than:

- 80cm (31.5in) for South Asian women
- 90cm (35in) for South Asian men.



Accurate waist measurement



WHAT YOU CAN DO TO STAY A HEALTHY WEIGHT

- Speak to a dietitian about what a healthy weight is for you. The important thing is to set weight-loss goals that are realistic.
- Adopting a whole family approach by cooking healthier meals for everyone and doing activities where everyone can be involved will help you all reach and maintain a healthy weight.
- If you have diabetes, you can learn more about weight management in *Your Guide to Type 1 Diabetes* or *Your Guide to Type 2 Diabetes*. Download them now from the Diabetes UK app, available on iOS, Android and Kindle. Or, call **0345 123 2399*** to request your copy.

WATCHING YOUR WEIGHT

If it's your goal to lose weight, the best way to do it is to eat less and move more. It's as simple as that. Set realistic, achievable targets that fit in with your culture and lifestyle. It can be hard going on your own, but the beauty of the South Asian culture is the family support we have. Adjusting cooking methods and choosing healthier ingredients is good for the whole family, whether you have diabetes or not.

4 TRICKS AND TOOLS

- 1 Brighten up your meal with colourful salads and vegetables.
- 2 Make a five-a-day chart for each member of the family, using coloured stickers for each portion. Total up at the end of the week to see who's won.
- 3 Cooking together is another way to help the family make healthier choices. Involve children in shopping and cooking, so they know what's in their food. Most Asian grocery stores have a colourful range of traditional fruit and vegetables displayed outside. Maybe ask the children to pick and choose firm tomatoes, shiny aubergines and succulent peaches.

- 4 Read food labels together so that you get used to comparing different foods, helping you to make a healthier choice.

FUN WAYS TO GET MORE ACTIVE

Whether it's a walk in the park or a game of rounders, families who are active together have more fun!

Try these suggestions:

- Spend an afternoon picking your own fruit and veg – it's a good way to be active.
- Join a fun run to raise funds for charity – even little ones can join in and walk.
- Pick up a pedometer for everyone and see if you can all meet the 10,000 daily steps challenge.
- Play football or pitch and putt in the park, or go swimming at the local leisure centre.

ফিতে দিয়ে আপনার কোমর মাপুন (মাঝখান বরাবর, নীচের পাঁজরা এবং নিতম্বের উপরের ভাগের মাঝখান থেকে)। এটা হওয়া উচিত:

- দক্ষিণ এশীয় মহিলাদের জন্য 80 সেমি (31.5 ইঞ্চি) –র কম
- দক্ষিণ এশীয় পুরুষদের জন্য 90 সেমি (35 ইঞ্চি) –র কম

মেজর টেপ বডে তমারী ক্রমর হমলাঁ মাখো (তমারা শরীরনো মধ্য ভাগ, তমারী পাঁসণীনা পীঁজরানী নীয়েনো ভাগ অনে সাথল উপরনো – আ বে বরয়েনো ভাগ)। আনুঁ মাখ আনাথী অোঁছু হোবুঁ জোঁঠয়ে:

- દક્ષિણ એશિયાઈ સ્ત્રીઓ માટે 80 સેમી (31.5 ઈંચ)
- દક્ષિણ એશિયાઈ પુરુષો માટે 90 સેમી (35 ઈંચ)

ناپنے والے ایک ٹیپ سے اسی وقت اپنی کمر اپنی پسلیوں کے ڈھانچہ کے نچلے حصہ اور کولہوں کے اوپری حصہ کے مابین درمیان، وسطی حصہ) ناپیں۔ یہ درج ذیل سے کم ہونا چاہئے:

- جنوبی ایشیائی عورتوں کے لئے 80 سینٹی میٹر (31.5 انچ)
- جنوبی ایشیائی مردوں کے لئے 90 سینٹی میٹر (35 انچ)



CAN YOU SWIM22?

Over three months, swim the equivalent of the English Channel in your local pool for Diabetes UK.

It's a great way to help you get fit and healthy, whilst raising money to help us find a cure for diabetes.

To sign up for Swim22:

Go to www.diabetes.org.uk/swim22

Email swim22@diabetes.org.uk

**GET
YOUR
GOGGLES ON!**

DiABETES UK
CARE. CONNECT. CAMPAIGN.

give with
confidence



Family Food



Have fun together

Cooking at home

Cooking and eating together as a family not only helps you eat a healthy, balanced diet, but also helps you maintain cookery skills that last a lifetime – and have fun with food!

Whatever you make, cooking is a fun activity for families to do together. It doesn't have to be difficult, and an extra pair of small hands to do some mixing can get dinner on the table in no time. Plus, if children have helped prepare food, they're more likely to try it out for themselves.

Dishes based on lentils, beans, vegetables, wholemeal chapattis and basmati rice can be very healthy as they provide a wide range of vitamins, minerals, fibre and protein. But, adding too much fat, sugar or salt to those dishes can make the diet less healthy and affect diabetes control and overall health.

You can always make what you eat that little bit healthier, without losing out on flavour – try the following healthy swaps for breakfast, lunch and dinner.



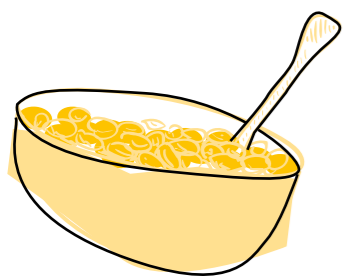
Go to www.diabetes.org.uk/enjoyfood for more on cooking and eating with diabetes

Rise &
shine!

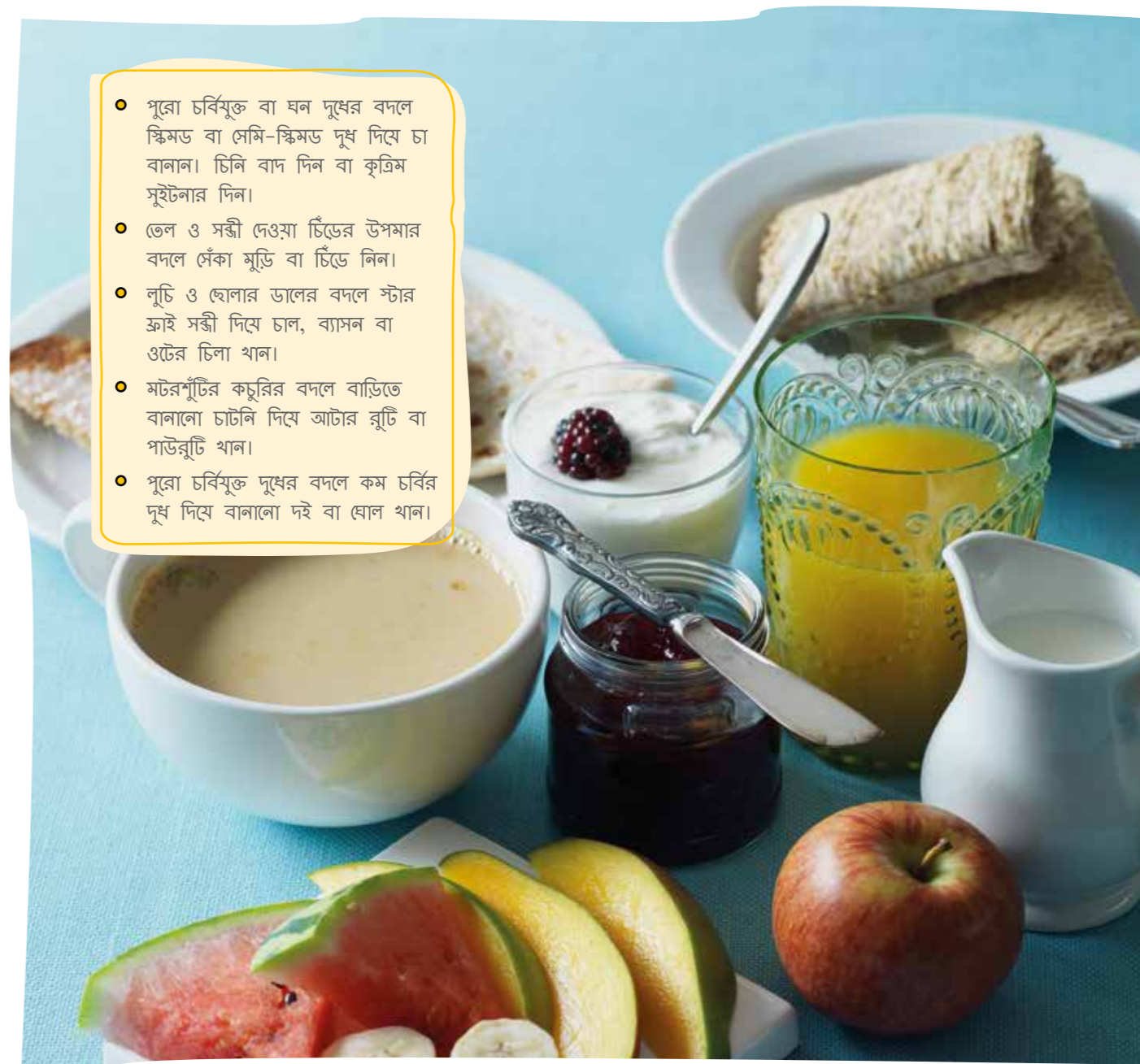
Breakfast

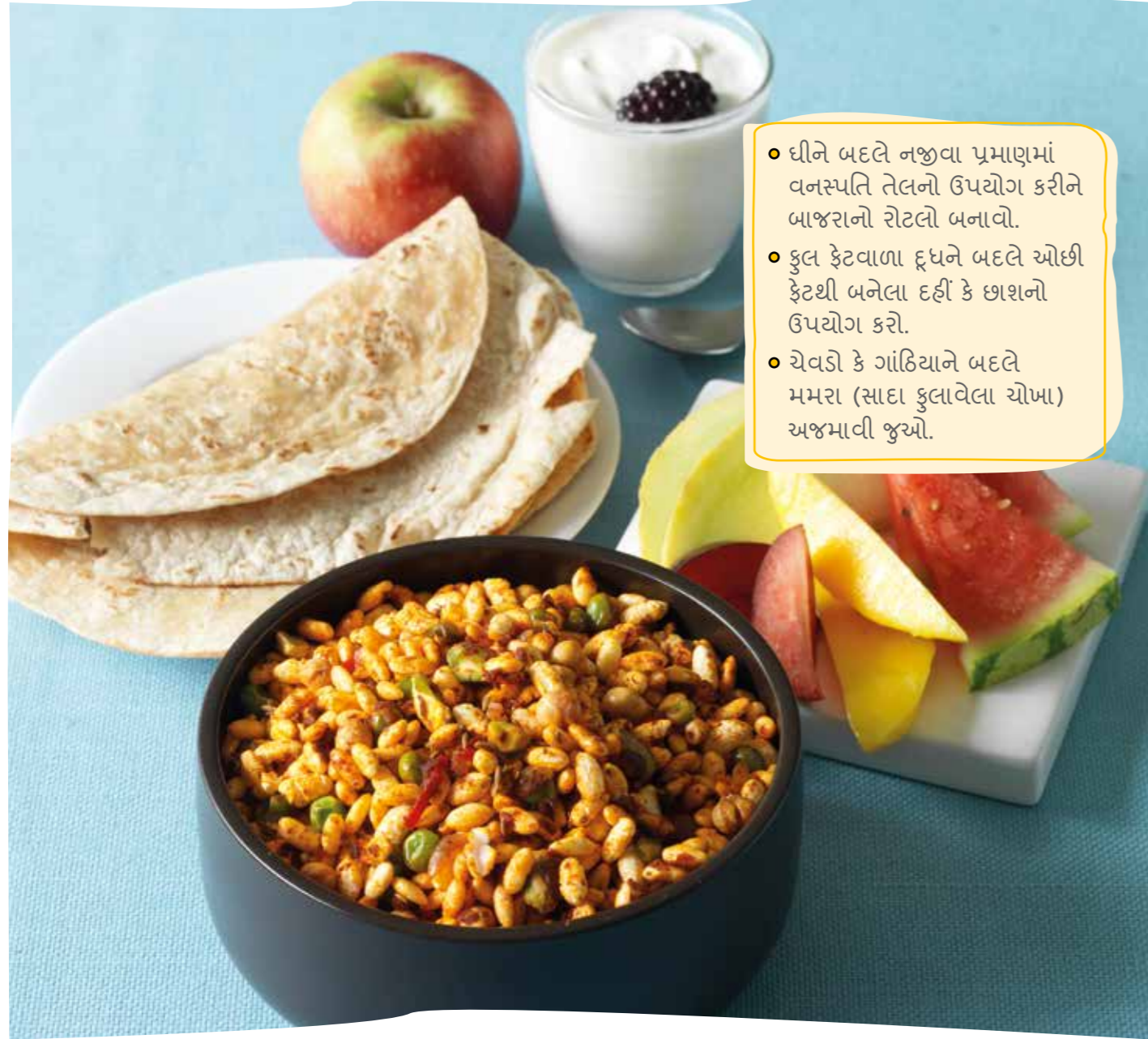
Start the day the right way – try these easy swaps for healthier and delicious breakfasts.

- Try a wholegrain cereal for your breakfast, such as porridge oats, natural muesli, branflakes, Weetabix™, shredded wheat, etc.
- Swap white bread for wholegrain bread.
- Choose skimmed milk and low-fat yogurt instead of the whole versions, and try replacing paneer – which is high in fat – with tofu.



- পুরো চর্বিশূন্য বা ঘন দুধের বদলে স্কিমড বা সেমি-স্কিমড দুধ দিয়ে চা বানান। চিনি বাদ দিন বা কৃত্রিম সুইটনার দিন।
- তেল ও সসী দেওয়া চিঁড়ের উপমার বদলে সেকা মুড়ি বা চিঁড়ে নিন।
- লুচি ও ছোলার ডালের বদলে স্টার ফ্রাই সসী দিয়ে চাল, ব্যাসন বা ওটের চিলা খান।
- মটরশুঁটির কচুরির বদলে বাড়িতে বানানো চাটনি দিয়ে আটার রুটি বা পাউনুটি খান।
- পুরো চর্বিশূন্য দুধের বদলে কম চর্বির দুধ দিয়ে বানানো দই বা ঘোল খান।





- دینه بدله نچوا پرمالماں ونسپتیلونو ٲپوگ کرینه بآرانونو روتلو بنالو.
- کول ڈتوالا دھنه بدله اوڈی ڈتوئی بنللا دہی کے ڈشانونو ٲپوگ کرے.
- یووکو کے گانڈیلانے بدله ممرال (سالل کولالوولال یوآل) آآمالوئی آوآو.



- چکنائی اور شکر کی مقدار کم کرنے کے لئے، شارٹ بریڈ، کسٹرڈ کریم اور چاکلیٹ بسکٹ کے بجائے سادہ بسکٹ، جیسے رچ ٹی، جنجر نٹ یا گیریلڈی کا انتخاب کریں۔
- آلو کے پرائھے کے بجائے خشک بھنے ہوئے میتھی کے پرائھے آزمائیں۔
- انڈے کی بھرچی مکھن میں بنانے کے بجائے، اسے تھوڑے تیل اور زیادہ سبزیوں کے ساتھ بنائیں۔
- میٹھی یا آم کی لسی کے بجائے سادہ لسی پیئیں۔ یا لسی کو شکر کے بجائے مصنوعی سویٹنر سے میٹھا کرنے کی کوشش کریں۔



LUNCH

At home, school or work, a filling and nutritious lunch will help you keep the family's energy levels high all afternoon. Try these swaps to help make your favourite dishes a little bit healthier.

- પોલાં વા ફ્રાસેડ રાશૈસેર જાગગાસ રાઉન વાસમતિ ઢાલેર ઢાત ખાન।
- આપનિ મૂગ, કનાઈ વા મૂસૂર યે ઢાલઈ ખાન, સવ ઢરનેર ઢાલ સ્વાસ્થકર હ્ય યદિ ઢા કમ તેલ દિસે રાના કરનેન યાતે વેશિ અસમ્પૂક ઢર્વિ ખાકે - યેમન અલિઢ, સાનક્લાંયાર વા રેપસિડેર તેલ - પ્રહૂર તેલ વા ષિ દિસે રાના કરાર વદલે।
- તેલાક કારિર વદલે સક્કી સ્ટાર-ફ્રાઈ કરૂન।

- તમે ગમે તે પ્રકારની દાળ કે કઠોળ રાંધતા હો, જો તમે વધુ પ્રમાણમાં તેલ કે ઘીને બદલે ચરબીથી તરબોળ ન હોય તેવા તેલ જેમ કે ઓલિવ, સુરજમુખી કે સફેદ સરસવના તેલનું નજીવું પ્રમાણ લઈને રાંધો તો તે વધારે આરોગ્યપ્રદ છે.
- ઓછા ચોખા અને વધારે મગવાળી ખીચડી બનાવો અને શક્ય એટલું ઓછું તેલ કે ઘી ઉમેરો.
- રોટલીનો લોટ બાંધતી વખતે ઘીને બદલે વધારે ચરબીથી તરબોળ ના હોય તેવા તેલના નજીવા પ્રમાણને માપો. ઓલિવ, સુરજમુખી અને સફેદ સરસવનું તેલ એ સારી પસંદગીઓ છે.
- રોટલીની ઉપર માખણ કે ઘીને બદલે વનસ્પતિ આધારિત સ્પ્રેડનો ઉપયોગ કરો અને તમે ચરબીનું જે પ્રમાણ વાપરતા હો તેની પર કાપ મૂકવા માટે એકાંતરે તેને રોટલી પર લગાડવાનો પ્રયત્ન કરો.

- જબ આ દાલ બના રહે હો તો યે ઢિઢાદે સહત બહુશ હુકા અકર આસે તેહુઢેસે આસે તેલ મિન બનાઈન જસ મિન ઘિર ખાલસ ઢકનાઈ ઢિઢાદે હુ - ઢિસે ઢિતુન, સુરજ મકેહી યા સરસુન કી હિજ કા તેલ - બજાઈસે આસે કહે આસે હેત ઢિઢાદે તેલ યા કેહી મિન બનાઈન.
- મકેન ઢિલ સે ઢુર રકેહિન, ઢાકે ઢાલુન, સેઢિયુન, ઢેપાતિયુન યા પ્રાઠેહુ મિન મઢિઢ ઢકનાઈ ઢાલેસે કે લેસે આસે કુ ઢરઘિબ ને મલે.



Dinner



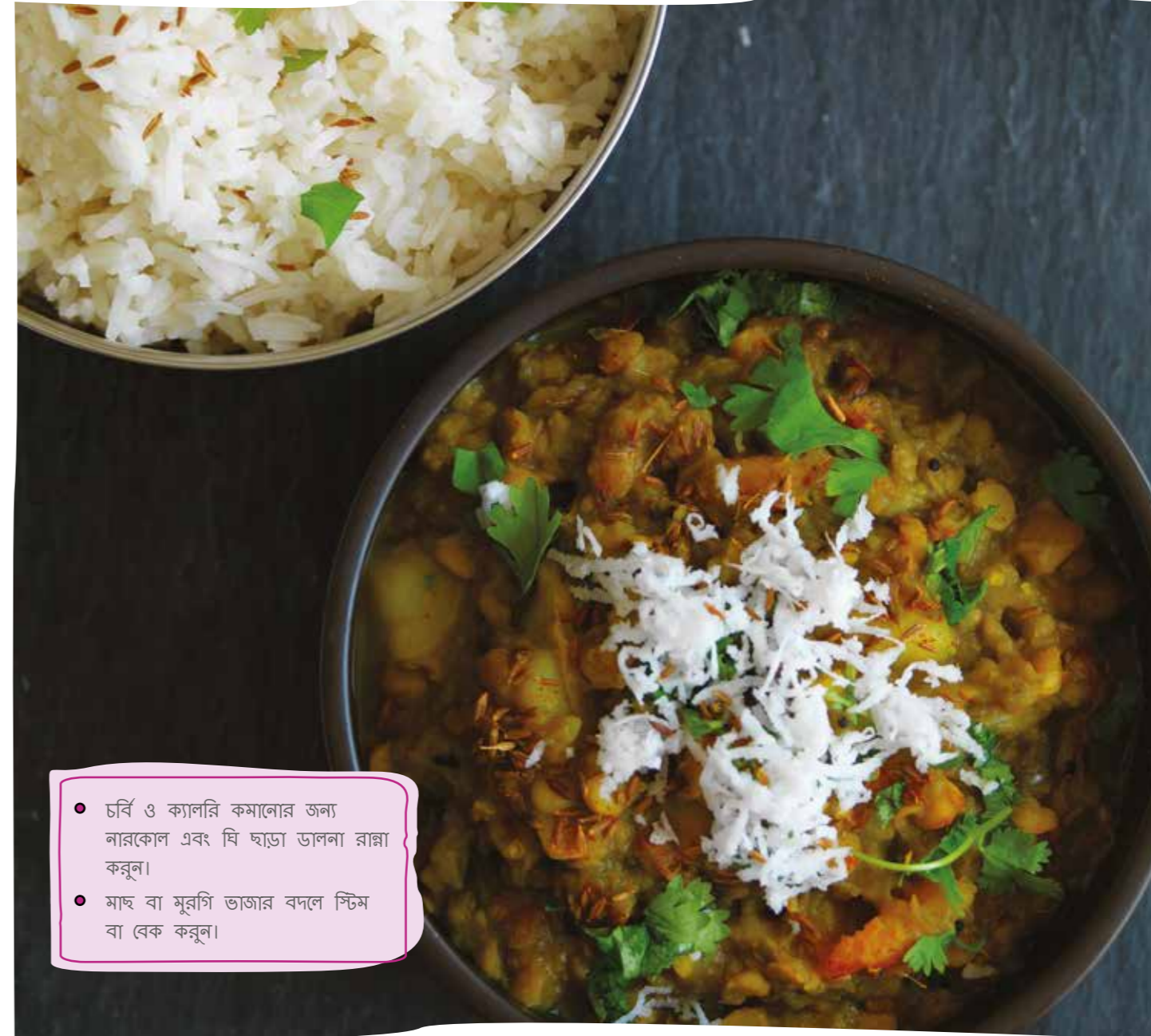
At the end of the day, it's great to sit down as a family and catch up over a meal. Keep it healthy by trying these tasty swaps.

- Try brown basmati rice instead of white – it takes slightly longer to cook, but is just as tasty. And, brown basmati rice has a low

glycaemic index, which means it will keep you feeling full for longer.

- Use lean cuts of meat, and trim visible fat off meat before cooking. Try cooking methods that don't require any extra fat, such as grilling, roasting or baking. If you're cooking with poultry, remove the skin first or buy skinless poultry. Or, substitute the meat with Quorn™ or soya products, like tofu, for a vegetarian meal.
- Make chapattis with wholemeal, millet or chickpea flour.
- Try cooking with different types of grains, such as bulgar wheat (lapsi) or sorghum (jowar).
- If you're using oil in your dishes, choose olive, sunflower or rapeseed oil, as their high unsaturated fat content will help keep your heart healthy. Avoid using vegetable ghee, which is high in trans fats, and creamed coconut in cooking.
- Grate cheese, instead of slicing it – you'll cut back on fat because you'll use less. If you use paneer, don't fry before using.

- Choose tomato-based sauces instead of creamy sauces, such as korma, which are higher in fat.
- Measure small amounts of oil for frying onions and spices – a teaspoon should be plenty. Or, try an oil spray. After frying spices, pour off any extra oil before you continue cooking. Some vegetables (methi, aubergine, and keralas) absorb more oil than others, so cook these in water with a little bit of oil.
- Choose fish that is either fresh, frozen or tinned in water or tomato sauce. Make masala fish by marinating your favourite fish with spices and tomatoes, and baking it in the oven.
- Flavour food with fresh herbs, whole and ground spices, paprika and freshly ground black pepper, instead of salt.
- Serve a salad with each meal.



- চর্বি ও ক্যালরি কমানোর জন্য নারকেল এবং ঘি ছাড়া ডালনা রান্না করুন।
- মাছ বা মুরগি ভাজার বদলে স্টিম বা বেক করুন।

Feeling
peckish?

Snacks

In a healthy, balanced diet, there's room for snacks – and the occasional treat. With a few smart choices, you can keep hunger at bay throughout the day. Why not start with these simple swaps?

- Replace plain crackers with oatcakes or wholemeal crackers.
- It's a good idea to cut back on fried foods, such as samosas, pakoras and chevda, as they are cooked in a lot of fat. Or, why not try other cooking methods? Brush samosas or kachoris with a little oil and bake in the oven till crisp. Drop spoonfuls of the pakora mixture onto a lightly greased non-stick frying pan and cook on each side until browned – they will form smaller, thinner pakoras than usual, but they

taste just as good. And, because you use less oil, you'll cut back on the fat content.

- Make your own chevda at home with roasted shelled peanuts, lower-fat crisps, rice crispies or cornflakes, roasted chickpeas and spices. Don't add any salt.
- Grill poppadoms, instead of frying them.
- Replace fizzy drinks with diet ones, unsweetened fruit juice, no added sugar squash or water. Don't have more than one small glass of fruit juice a day.

- اس چکنائی کی مقدار کو کم کرنے کے لئے جو آپ استعمال کرتے ہیں، سموسوں کو تھنے کے بجائے انہیں سینکیں۔
- خستوں یا چیوڑا کے بجائے بھنی ہوئی چک پیز یا گھر پر بھنی ہوئی مکئی کا اسنیک لیں۔
- تले ہوئے نمکین ٹٹس کے بجائے، بھنے ہوئے غیر نمکین ٹٹس کھائیں۔

ঝুড়িভাজা, আলুভাজা, চিঁড়ে ভাজা এবং নোনতা বাদামের মত নোনতা জলখাবারের বদলে ভাজা ফল, লবণহীন বাদাম এবং সাদা পপকর্ন খান।

- બટાકા વડા કે બટાકાની તળેલી ચિપ્સને બદલે સગડી પર શેકેલી મકાઈ કે ઘરે બનાવેલા પોપકોર્ન અજમાવી જુઓ.
- પકોડા, ભજીયા કે દાળવડાને બદલે તાજા ફણગાવેલા મગ કે ઢોકળાનો નાસ્તો કરો.
- ફ્રટ સલાડમાં ટિન વાપરવાને બદલે તાજા કેરીનો રસ લો.
- ઓછી ફેટવાળા ગ્રીક સ્ટાઈલના દહીં વડે શ્રીખંડ બનાવો કારણ કે તે ફુલ ફેટના દહીં કરતાં ઓછી ચરબી અને ઓછી કેલરી ધરાવે છે.
- સીંગની ચીકી જેવા ખાંડવાળા નાસ્તાને બદલે તાજા ફળને પસંદ કરો.





અનેકગુણિ પ્રિય જલથાવાર ઓ મુઁરોાક ઁવારે વેશિ ઁર્વિ ંવઁ ઁનિ ઁાકે। આપનાર ડાયાબિટિસ ઁાકલે વા આપનિ આરઁ સ્વાસ્થ્યકર ઁાવાર ઁેતે ઁેષ્ટા કરલેઁ આપનાકે ંઈ ઁાવારગુણિ પુરોપુરિ ઁાડતે હવે ના। મુઁરોાક હિસાવે ંઈગુણિ માઁમાઁ વા વિશેશ ઉપલઁયે ઁેતે પારેન।

- મિઁઁઈ, વરફિ, હાલુયા, ગોલાપજામ, લાડુ ંવઁ રસગોલ્લાર મત સુસાદુ મિષ્ટિ વિશેશ અનુઁઁાને ઁાન કારણ ંઈગુણિ વેશિ ઁર્વિમુક્ટ ઉપાદાને ઁરા ઁમન માઁન, ઁિ ંવઁ ઁન દુઁઁ।
- આપનાર મિષ્ટિ કિઁુ ઁાવાર ંઈહ્ હલે ઁઁઁાઁ ઁમાલો રૂવેરિ ઁાન – ંઈગુણિ આપનાર ઁનિર ઁાદ મેઁઁાવે ંવઁ ડિને પાઁઁ ઁલેર ંકઁઁિઁ હવે।



ઘણા મનપસંદ નાસ્તા અને મીઁઁ વાનગીઓમાં ઁરબી અને ખાંડ વઁઁારે હોઁ છે. ઁો તમે ડાયાબીટીસ સાથે ઁીવી રહ્યાં હો અથવા ઁો તમે વધુ આરોગ્યપ્રદ રીતે ખાવાનો પ્રઁઁન કરી રહ્યાં હો, તો પણ તમારે આ ખોરાક પર સંપૂર્ણ કાપ મૂકવો પડતો નથી. ંક ઁઁાણી તરીકે કે ખાસ પ્રસંગે તેનો અવારનવાર આનંદ લેવો ંે ઁુક્ટિ છે.

- મીઁઁઈ, બરફી, હલવો, ગુલાબઁંબુ, લાડુ અને રસગુલ્લા ઁવી સ્વાઁષ્ટ મીઁઁઓને

ખાસ પ્રસંગો માટે બઁઁાવીને રાખો કારણ કે તેમાં માખણ, ઁી અને ઁઁ ઁધ ઁવા વધુ ઁરબી ઁરાવતા ઁટકો ભરપૂર હોઁ છે.

- ઁો તમને કોઈ મીઁઁ વસ્તુ ખાવાની તલપ ઁાગે, તો ફીઁમાં રાખેલા બ્લુબેરી ખાઓ - તે ગરુ ખાવાની તલપને શાંત કરે છે અને સાથે સાથે તમારા ઁિવસના ભોજનના પાંઁમાંથી ંક ભાગ ગણાઁ છે.

બેત સે પસંદિદે અનિકસ ંર ત્ફરિહી કહાનો મિન ઁકઁાઁી ંર શકર ઁિાદે હોતી હે- ંગર આપ કો ઁિાપિટસ હે ઁા ંગર આપ ઁિાદે સહત ઁશ કહાના કહાને કી કોશઁ કર હે, તહ હેી આપ કો ંન કહાનો સે પુરી ઁ્રહ ગરિઁ કરને કી સરુરત નેહિન હે- પ્તે કી ઁાત ઁે હે કે ત્ફરિહ કે ઁુર પર ઁા કસી ઁાસ મુઁઁ પર કેહી કેહી ંન કા મઁ હી ઁાઁે-

- લઁઁ શિરિનિા, ઁિસે મ્ઁઁાઁી, હરફી, હલો, ક્લબ ઁામન, લઁઁ ંર રસ ક્લોન કો ઁાસ મુઁઁ કે લઁે મહુપ રકેહિ, કીઁન કે હે ઁિાદે ઁકઁાઁી વાલે ંઁાઁે ઁિસે મકેન, ગેહી ંર ઁશક કઁે હોઁે ઁાલ્સ ઁુઁહ સે હેરી હોતી હેન-

- ંગર આપ કો કોઁી મિઁઁી ઁિઁ કહાને કી બેત ઁિાદે ઁોખશ હો રેી હે તો મનઁમ્દ હલુબેરિઁ ંઁાઁીન- હે આપ કે ઁુમે હાનઁ મિન શમાર હોતે હોઁે શકર કે લઁે આપ કી ઁલ હો ંસુઁદે કર સકતી હેન-

If you're not already a member,

you can join Diabetes UK today and receive all of these benefits:

- *Diabetes Balance*, the essential magazine for living with diabetes, delivered to your door or digital device every two months.
- *My Life*, the magazine for children with Type 1 diabetes.
- Experienced counsellors available to provide confidential support and information on all aspects of diabetes.
- Financial and insurance products specifically for people with diabetes.
- Knowing that, by supporting us, you are helping to fund research into the latest treatment for all types of diabetes.

ALREADY A MEMBER?
YOU CAN NOW RECEIVE *DIABETES BALANCE* ON YOUR MOBILE, TABLET OR KINDLE. CALL 0345 123 2399* TO SWITCH OVER, OR DOWNLOAD A FREE SAMPLE NOW!



Join us or refer a friend...

Go to www.diabetes.org.uk/join, call 0800 138 5605 or fill in this form for more information. Or, if you know someone who could benefit from membership, ask them to complete this form to find out more.

YOUR DETAILS

NAME	DATE OF BIRTH
ADDRESS	
EMAIL	TELEPHONE

Send your completed form to:
Diabetes UK,
10 Parkway,
London NW1 7AA

DO YOU HAVE DIABETES? NO TYPE 1 TYPE 2 OTHER TYPE PREFER NOT TO SAY

We promise that any information you give us will only be used by Diabetes UK and its subsidiary companies. We'd like to keep in touch to let you know about Diabetes UK activities. If you'd rather not hear from us then please contact Supporter Services on 0345 123 2399* or info@diabetes.org.uk

Enjoy Food



★ How-to guides, hints & tips, real life stories, foodie trends and all the inspiration you need to eat well, feel good and enjoy food.

diabetes.org.uk/enjoyfood

CREATING HEALTHIER COMMUNITIES TOGETHER

Working in partnership with

TESCO

Diabetes UK and Tesco are working together to create healthier communities, and to help support those affected by and at risk of diabetes.

We are:

- Investing £4m into ground-breaking research into a vaccine for Type 1 diabetes
- Helping to develop future diabetes research stars through a new clinical fellowship
- Running Living with Diabetes Days which will provide life-changing support to 10,000 people
- Providing support to families to ensure children with Type 1 get the care they need while at school
- Running a new Enjoy Food programme to give families affected by diabetes practical advice on how to eat well.

DiABETES UK
CARE. CONNECT. CAMPAIGN.



For more information and support:

- Call **0345 123 2399***
- Go to **www.diabetes.org.uk**

* Mon–Fri 9am–7pm. The cost of calling 0345 numbers can vary according to the provider. Calls may be recorded for quality and training purposes.