DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

HEALTHY EATING TIPS FOR PREDIABETES AND TO LOWER TYPE 2 RISK

Foods and drink you can and can't have

There are no foods you can't eat. It's a question of making different choices more often. Pick one or two tips to help you make-long-term changes.

Choose drinks without added sugar

Swap sugary drinks such as cola or lemonade for **diet** or **no added sugar** versions. Even better drink **water**. If you normally have tea or coffee with sugar, have it without or try it with a low or no calorie **sweetener**. Try to avoid or limit fruit juices or smoothies to one small glass (150ml) a day as they contain the type of sugar we need to cut down on. Eat the veg or fruit instead to get your 5-a-day.

Choose higher fibre carbs

As a general guide, go for '**brown**' rather than 'white' carbs. Brown rice, wholemeal pasta, wholemeal bread and chapatis made with wholemeal flour are healthier options.

Cut down on red and processed meat

Get your protein instead from **lean white meat** such as chicken or turkey, **eggs**, **fish** – (fresh, frozen or tinned), pulses like beans, chickpeas and lentils (tinned or cooked from scratch). For a snack or topping or ingredient have **unsalted nuts**. **Tofu** and **tempeh** are also protein rich.

Eat plenty of fruit and veg

Aim for at least 5-a-day, for example, two portions of fruit and three portions of veg: Example: an **apple**, a handful of **grapes**, and three heaped tablespoons each of cooked **broccoli** and **carrots** and a small bowl of **rocket** or **kale.** Frozen, tinned and dried fruit and veg all count.

Choose unsweetened yoghurt, and cheese

Aim for 3 portions of dairy a day, such as a small pot of plain natural or Greek **yoghurt**, a portion of **cheese** (matchbox size) and a third of a pint of **milk**. If you want to cut calories, pick versions that are diet, or low or half fat, or skimmed versions which have the same nutrients. For plant-based milks like oat or soya, check it's unsweetened and fortified with vitamins and minerals.

Choose healthier snacks

Instead of automatically reaching for crisps, chips, biscuits, cake, sweets, chocolates, pies, pastries and cake, have a piece of **fruit**, a handful of **unsalted nuts**, **plain popcorn** or some **yoghurt**. If you tend to snack when you're not hungry, try and distract yourself, for example, listen to a podcast or go for a walk.

Pick healthier oils or fats

Cook (or bake) with small amounts of healthier oils such as **olive oil**, **sunflower oil** and **rapeseed oil** (can be labelled vegetable oil), rather than coconut and palm oil. For spreading, replace butter with a **margarine** made from the healthier oils mentioned. Grilling, poaching and steaming or air frying (as you often need less oil) can be healthier ways to cook.

Cut down on salt

Ban the salt cellar. Add flavour with black pepper or experiment with fresh or dried **herbs** and **spices**. If cooking from scratch don't add salt even if the recipe asks for it. Takeaways and ready meals have lots of salt. Look for food labels with **low salt**, shown by a green indicator. Too much salt can increase your blood pressure which increases your risk of type 2 diabetes.

Get vitamins and minerals from food instead of tablets

Most people should get the nutrients they need from a varied and balanced diet unless they're prescribed by a healthcare professional, for example folic acid for planning a pregnancy. An exception is **Vitamin D** in the autumn and winter, advised by the government.

Be sensible with alcohol

Alcohol contains lots of calories which can lead to weight gain and increases type 2 diabetes risk. If you drink, stay within government guidelines: no more than 14 units a week spread evenly over several days. Have at least 2 to 3 alcohol free days a week. To find out the units in your drink use the unit calculator on Alcohol Change UK's website.

Have questions or need more advice? Our helpline is here for you.

Speak to one of our trained advisors on 0345 123 2399.

Or go to our website:
diabetes.org.uk/type-2-prevention

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