

Alcohol

Alcoholic beverages such as wine, beer and hard liquor are stimulants, not essential nutrients. They have high calorie counts and make it hard to lose weight. Depending on the type of beverage, they can either increase or lower blood sugar. Combined with alcohol, some medications may provoke a drop in blood sugar or hypoglycaemia. Consume limited amounts of alcoholic beverages consistent with the 1 glass a day recommendation and preferably with your main meals. Discuss your alcohol consumption with your physician.



Exercise

Exercise regularly - at least 30 minutes a day.

Include exercise in your everyday routine: by getting off the bus one stop earlier or by using the stairs instead of the lift. Exercise not only improves your blood sugar but also your blood pressure and lipids. Furthermore, it improves your mood.

Increase your endurance, strength and flexibility with an individual activity program especially adapted to your needs.

What to do about excess weight

Reducing your weight by 3 - 5 kg can improve blood sugar, blood pressure and lipid values. Aim for a slow weightloss that you can maintain. You can achieve this by doing the following:

- Eat fewer calories than your body needs.
- Exercise more in order to increase your energy consumption.
- Reduce your calorie intake and, at the same time, increase your consumption by exercising.
- Anyone who is active needs time for recovery. Include moments of relaxation as part of your daily routine.

Individual counselling

During individual session with your doctor, your nutritionist or diabetes counsellor you can discuss all of the topics and questions that are important to you.

Where to obtain qualified counselling?

From your physician or a certified counsellor at a Diabetes Association in your region. All of our counsellors are recognised by the health insurance funds.

www.diabetesschweiz.ch/regionen

Aargauer Diabetes-Gesellschaft	Kantonsspital / Haus 16	5000 Aarau	062 824 72 01
Diabetesgesellschaft Region Basel	Mittlere Strasse 35	4056 Basel	061 261 03 87
diabetesbern	Swiss Post Box 101565, Helvetiaplatz 11	3005 Bern	031 302 45 46
diabetesbiel-bienne	Bahnhofstrasse / Rue de la Gare 7	2502 Biel-Bienne	032 365 00 80
Diabetes-Gesellschaft GL-GR-FL	Steinbockstrasse 2	7001 Chur	081 253 50 40
Diabetes-Gesellschaft Oberwallis	Kantonsstrasse 4	3930 Visp	027 946 24 52
Ostschweizerische Diabetes-Gesellschaft	Neugasse 55	9000 St. Gallen	071 223 67 67
Diabetes-Gesellschaft des Kt. Schaffhausen	Vordergasse 32 / 34	8200 Schaffhausen	052 625 01 45
diabetessolothurn	Solothurnerstrasse 7	4601 Olten	062 296 80 82
diabetesszentralschweiz	Falkengasse 3	6004 Luzern	041 370 31 32
diabeteszug	Aegeristrasse 52	6300 Zug	041 727 50 64
diabeteszürich	Hegarstrasse 18	8032 Zürich	044 383 00 60
diabètefribourg - diabetesfreiburg	Route St-Nicolas-de-Flüe 2	1705 Fribourg	026 426 02 80
diabète genève	36, av. Cardinal-Mermillod	1227 Carouge	022 329 17 77
Association jurassienne des diabétiques	Case postale 6	2854 Bassecour	032 422 72 07
diabètejurabernois	Case postale 4	2610 Saint-Imier	032 940 13 25
diabète neuchâtel	Rue de la Paix 75	2301 La Chaux-de-Fonds	032 913 13 55
Association Valaisanne du Diabète	Rue des Condémines 16	1950 Sion	027 322 99 72
Association Vaudoise du Diabète	Avenue de Provence 12	1007 Lausanne	021 657 19 20
diabeteticino	Via Motto di Mornera 4	6500 Bellinzona	091 826 26 78

Become a member of a Diabetes Association in your region and benefit from the courses and lectures they offer. Moreover, with your membership you will receive our publication, the “d-journal”, free of charge with many informative, current topics. The “d-journal” is available in German, French and Italian.

With the financial support of migesplus within the Strategy „Migration and Public Health 2008 – 2013“ of the Federal Office of Public Health.

Informations and Internet Orders: www.migesplus.ch
the Internet platform for health-care information in various languages

migesplus

With the friendly support of:

AstraZeneca

Diabetes: healthy nutrition

«What to consider when making your food choices.»

englisch – anglais – inglese



Revised edition April 2016

www.diabetesschweiz.ch
Account for donations: PC-80-9730-7



diabetesschweiz
diabètesuisse
diabetesvizzera

© SDG, April 2016

Nutrition for Diabetics

Diabetes nutrition means eating food that is enjoyable, varied and suitable for the entire family. In addition to medication and exercise, eating the right food is a key component of the treatment of diabetes.

The special nutritional goals for diabetes are:

- Improving blood sugar, lipid and blood pressure values
- Reducing weight if overweight
- Avoiding complications of diabetes (organ damage)

Food composition

The colours used correspond to those of the enclosed Food Pyramid.

Carbohydrates are the most important source of energy. The amount of carbohydrates is the most important determinant for the increase in blood sugar after a meal.

The following foods contain a relatively high proportion of carbohydrates and increase the blood sugar level:

- Bread, potatoes, pasta, rice, polenta, grains, flour, cereals, chestnuts, legumes (beans, peas, lentils)
- Fruit, fruit juices, dried fruit
- Milk, yoghurt, creamy puddings
- Sugar, honey, sweets

The following foods are low in carbohydrates and do not increase blood sugar or only slightly:

- Vegetables
- Salads

Proteins are important building blocks in the renewal process of the body. They do not increase blood sugar.

Protein is abundant in:

- Meat, fish, cheese, cottage cheese, eggs, crustaceans, seafood
- Tofu, Quorn



Fats are the greatest source of energy for our bodies - 1 gram of fat contains more than twice as much energy (calories) as 1 gram of carbohydrates or proteins. Fats do not increase blood sugar.

Fats are contained in:

- Oil, butter, margarine, cooking fats
- Fatty meats, sausages, cheese, heavy cream, pastries, chocolate, nuts, seeds, olives

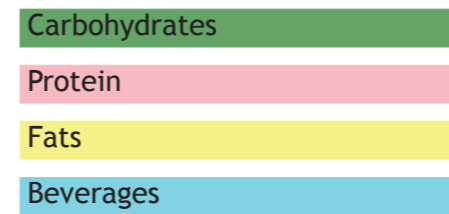
Liquid is essential for our bodies. Suitable beverages are all sugar and alcohol free beverages such as:

- Water, tea, coffee
- Mineral water with and without carbonation
- Soda with artificial sweeteners



What exactly is the meaning of the Food Pyramid?

The Food Pyramid is a model for eating and drinking. The higher a food is ranked in the Food Pyramid, the less one should eat of it; the lower a food is ranked the more one should eat of it. The colours of the food groups in this brochure correspond to:



Dietary fibre is found in:

- Whole grain products like unrefined rice, whole grain bread, whole wheat pasta
- Legumes (beans, peas, lentils)
- Vegetables, salads
- Fruit

Summary of the most important nutritional recommendations

Support a good blood sugar control by:

- Eating three proper meals daily.
- Incorporating 1 – 3 snacks if that is consistent with your diabetes therapy.
- Eating a side dish containing carbohydrates at each main meal (e.g. bread, rice, pasta).
- Adjusting the amount of carbohydrates to fit your needs and your therapy (e.g. insulin).
- Giving preference to whole grain products (e.g. whole grain bread, unrefined rice, whole wheat pasta).
- Preferring carbohydrates in form of foods (e.g. an orange instead of orange juice).
- Including protein-rich foods in your main meals (e.g. meat, fish, cheese, etc.).
- Eating vegetables, salad and/or vegetable soup at lunch and dinner.

For your overall health it is important that you

- Refrain from eating too much fat, since fat can have a ne-

gative effect on your body weight and lipids in the blood. Pay particular attention to hidden fats in sausages, cheese, sauces and sweets.

- Choose valuable cooking oils such as canola and olive oil.
- Drink enough fluid (at least 1.5 litres per day), especially when it is hot or when you are engaging in physical activity. Sugared beverages are not appropriate.



Do you have a sweet tooth?

You can eat small amounts of sugar, even with diabetes. To avoid blood sugar fluctuations, add the sweets as a dessert directly after the meal. Reduce the portion size of the side dishes containing carbohydrates (bread, rice, pasta, etc.) during this particular meal.

Are there foods that lower blood sugar levels?

Unfortunately there are no foods or additives that are apt to lower blood sugar.

The Food Pyramid for Diabetics

