

# QUIZ ANSWERS

- 1) A regular meal pattern, with starchy carbohydrates is essential. These are bread, potato, rice, pasta and breakfast cereals. This helps to prevent hypo's (low blood sugar levels) by ensuring a slow release of sugars into your blood throughout the day. Try using high fibre varieties which delays the release of sugars into your blood.
- 2) Sugars and sugary foods are quickly absorbed and cause blood glucose (sugar levels) to rise. This rise is fast and insulin is unable to respond quick enough to reduce it. They are therefore best avoided.
- 3) Fibre-rich foods, particularly oats, beans, peas, lentils and citrus fruits (which all contain soluble fibre) help to slow the rise in blood sugars after a meal. Fibre from vegetables and wholemeal/wholegrain products (which contain insoluble fibre) can help to prevent constipation. They also promote a feeling of fullness (satiety).
- 4) Reduce all types of fats in the diet. Saturated fats are found in fatty meats, poultry skin, butter, lard, suet, cheese and other full fat dairy products. These can raise blood cholesterol. Try choosing lean meats and removing poultry skin. Avoid frying try grilling, baking, steaming or microwave methods without added fats. Switch to reduced fat dairy produce and reduced fat margarines.
- 5) It is recommended to eat 5 portions a day. Three pieces of fruit e.g. apple/banana/orange/small glass of unsweetened fruit juice /12 grapes/serving of fruit tinned in fruit juice. Spread fruit intake throughout the day. Two vegetable portions. Fresh, frozen or tinned all vegetables are good for you.
- 6) Reduce your salt intake, especially if you have raised blood pressure. Try adding less salt to your food at the table. Avoid salt substitutes.
- 7) Safe limits of alcohol are set at:  
21 units per week for men (3 units per day). 14 units per week for women (2 units per day).  
1 unit = 1 pub measure of spirit/wine/sherry/or ½ pint of standard strength beer/lager/ale/stout/bitter.  
Avoid export and Pils beers; they are high in alcohol.  
Choose diet or slimline mixers.  
Avoid sweet liquors/low alcohol or alcohol free lagers and wines which are high in sugar.  
If choosing soft drinks have sugar-free varieties. Limit fruit juice to one glass.  
Avoid drinking on an empty stomach. Alcohol causes blood sugar levels to drop rapidly and may cause 'hypos'.
- 8) Avoid 'diabetic products'. They are often no lower in calories or fat than 'non-diabetic' foods. They are also much more expensive. They can also contain sorbitol which acts as a laxative. Suitable reduced sugar/sugar free alternatives can be found for most products in large supermarkets.
- 9) Hypos or hypoglycaemia is the term for low blood sugar levels. This can be recognised by:  
loss of co-ordination or concentration, light headedness, giddiness pallor, faintness, sweating, shaking, change in mood, irritability or intense hunger. They can be avoided in most instances by:  
Not missing meals, especially those containing starchy carbohydrate foods (bread, potatoes, rice, pasta and cereal).  
Taking precautions when exercising or when meals are going to be delayed.  
Not taking too much insulin or at the wrong time.  
Not drinking alcohol on an empty stomach.
- 10) Exercise can help you to feel fitter. It will also help to lower blood glucose levels. It can also help promote weight loss.

*If you had difficulty answering any of these questions or would like to learn more about your diabetic diet ask your doctor to arrange for you to talk to the dietician.*