

Familiarize Yourself with the Glycemic Index (GI)

The GI is a tool that ranks carbohydrate containing foods according to their effect on blood glucose levels.

High GI foods: are quickly absorbed by your body and raise your blood sugar levels rapidly.

Low GI foods: are slowly absorbed by your body and raise your blood sugar levels gradually which is considered healthier.

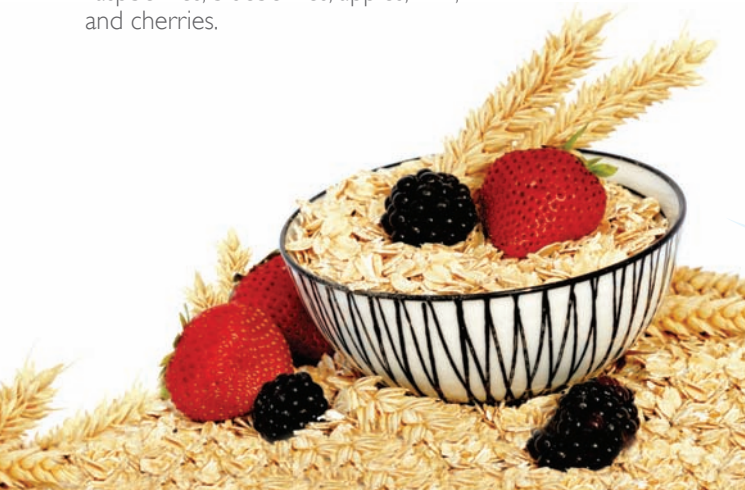


How to obtain a low-GI Diet?

- Choose multi-grain, whole wheat, rye, or pumpernickel breads.
- Choose long-grain rice (e.g. Basmati), pasta (cooked al dente), whole wheat bulghur, and barley.
- Enjoy fresh vegetables & fruits.

Avoid **High GI** fruits like watermelon, mangos, dates, banana, and grapes.

Enjoy **Low GI** fruits like oranges, strawberries, raspberries, blueberries, apples, kiwi, and cherries.



The Hand Guide

You can stay on track by using this quick guide to estimate your portion sizes when you cannot, or prefer not to, measure your food.

Use the hand guide to estimate how much you consume:



Thumb tip = 1 serving
or 1 tsp olive oil



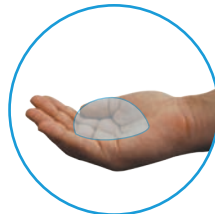
Thumb = 1 serving
or 30 g low fat cheese



Fist = 3 servings
or 9 Tbsp pasta or rice



Palm with the thickness of your little finger = 3 servings or 90 g cooked meat



Handful = 1 serving
or 30 g nuts

IN PARTNERSHIP WITH
**Imperial College
London**

A research and teaching affiliate

Al Khaleej Al Arabi Street (30th Street)
Beside Zayed Military Hospital
PO Box: 48338, Abu Dhabi, UAE
Tel: +971 2 40 40 800
Fax: +971 2 40 40 900
www.icldc.ae

Diabetes & Healthy Eating

A healthy lifestyle that includes diet and exercise is important for maintaining a healthy body.

1 Healthy Eating



2 Healthy Weight



3 Physical Activity



1 Healthy Eating

1.1 Eat Less Fat

- Avoid fried food.
- Avoid saturated fats such as butter, ghee, and mayonnaise.
- Make lower fat choices such as skinless chicken, lean meats and trim fats on meat.



1.2 Eat Less Sugar

- Limit your intake of 'sugary' foods like cakes, cookies, honey, sugar, and regular soft drinks.

1.3 Eat More Fibre

- Include more foods that are high in fibre like whole-grain bread, oats, lentils, beans, peas, fresh fruits and vegetables.



1.4 Eat Less Salt

- Limit your intake of 'salty' foods like processed cheeses/meat, olives, pickles, salted nuts, pretzels and salty fast foods.
- Avoid adding salt while cooking and do not add salt from the shaker.

2 Healthy Weight

To achieve and /or maintain a healthy body weight:

- Make wise food choices according to the food guide.
- Control portion sizes.
- Stay physically active on a daily basis.



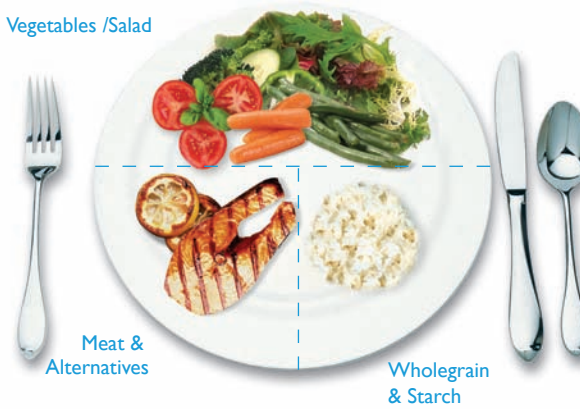
3 Physical Activity

- Enjoy regular physical activity for a minimum of 30 minutes per day at least 5 times per week.



Control portion sizes using the 'Plate Method' below:

Vegetables /Salad



Meat & Alternatives

Wholegrain & Starch



Milk & Alternatives

+

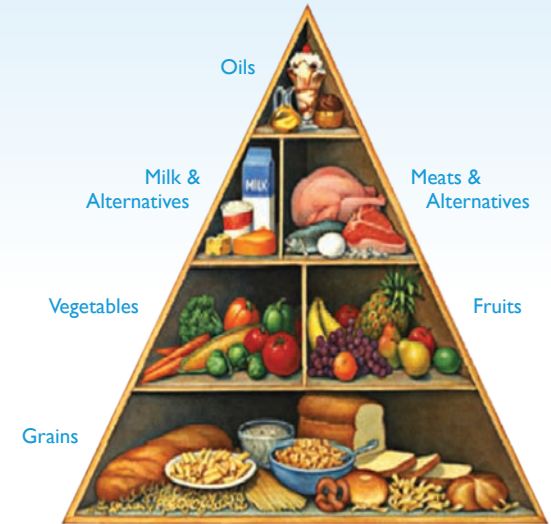


Fruit

Oils: Use Oils sparingly. Choose more often mono-unsaturated & poly-unsaturated oils such as: canola and olive oil.

Meats & Alternatives: Choose chicken, fish, lean meat cuts, and legumes more often.

Did you know that you can substitute seeds for meats in salads?



Milk & Alternatives: Choose low-fat/skimmed dairy products and fortified Soya beverages.

Did you know that milk & its alternatives are an excellent source of Calcium, Vitamin D and minerals which are essential for good bone health?

Fruits & Vegetables: Eat at least 5 portions of fruits and vegetables per day.

Did you know that fruits and vegetables are an excellent source of vitamins and minerals?

Grains: Choose whole-wheat/grain bread/ pasta/ whole grain cereals, long-grain rice (particularly Basmati).

Did you know that low glycaemic index (GI) starches (e.g. whole grain bread) do not raise your blood glucose like high GI starches (e.g. potatoes & white bread)?

Satisfy your thirst with water.
Be active, get going!