

Patient information

Top tips for diet and Type 1 Diabetes

Carbohydrates

All carbohydrate foods need to be taken into account; it is not just sugar in the diet that affects blood glucose levels. 'Carbohydrates' includes:

Starchy foods (turned into glucose)	Naturally occurring sugars	Added sugars (sucrose)
<ul style="list-style-type: none"> • Bread • Pasta • Rice • Potatoes • Cereals 	<ul style="list-style-type: none"> • Fruit (fructose) • Dairy foods (lactose) 	<ul style="list-style-type: none"> • Sweets • Chocolate • Sugary drinks • Cakes • Desserts

Your insulin regimen will help determine the amount and frequency of carbohydrates to consume.

Mixed insulin regimen

- Aim to include carbohydrates and keep quantities similar at each meal.
- Minimum recommended amount of carbohydrates is 130g per day but this can vary depending on e.g. activity levels.
- Aim for 40-50g at each meal to start with and low carbohydrate snacks between meals. See separate information leaflet.

Basal-bolus insulin regimen

- Allows more flexibility with diet and lifestyle.
- If you are started on fixed doses of quick-acting insulin then you may need to keep carbohydrate portions similar e.g. 50g carbohydrate at each meal to begin with.
- Once you have practiced carbohydrate counting (see below) you can work alongside the diabetes team to determine an individualised insulin regimen.

- This will allow you to adjust your insulin doses to match whatever you would like to eat.

Methods of counting carbohydrates

Carbs and Cals book or mobile phone app: Photos of food and provides amount of carbohydrates in varying portion sizes (www.carbsandcals.com)

Food labels: Look for 'total carbohydrate' in the nutritional information table usually found on the back or side of packaging.

Handy measures

- 2 medium slices of bread (30g carbs) are approximately equal to 3 medium serving spoons of rice, pasta or mashed potato or 3 egg sized potatoes (all 30g Carbs).
- 1 piece of fruit (15g carbs), or 1 fruit yoghurt (15g carbs) or 1 small packet of crisps (15g carbs) are all roughly equal to 1 medium slice of bread (15g carbs).
- A meal containing 2 slices of medium bread, a piece of fruit and a yoghurt is roughly equal to 6 serving spoons of pasta, rice or potatoes (60g carbs).

For more input with carbohydrate counting

The diabetes team offer a carbohydrate counting group education session, usually lasting two and a half hours. The course is run by a diabetes specialist nurse and a diabetes specialist dietitian.

To get a referral please ask the inpatient diabetes specialist nurse or dietitian. Alternatively, if group education sessions are not for you, a diabetes specialist nurse and dietitian can follow you up via email or phone and arrange individual outpatient appointments.

To be referred onto a group session and/or for one-to-one input or indeed for any other queries regarding carbohydrate counting please contact us on:

Phone: 01284 713311

Email: wsh-tr.westsuffolksns@nhs.net

For further information visit Diabetes UK website: <https://www.diabetes.org.uk/>

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)
<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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