

Diabetic Diets – which meals are suitable?

Dietary management for diabetes has changed a lot in recent years, but sometimes health professionals (including doctors, nurses) are not up to date with the latest research. Artificially sweetened products and avoiding all added sugars is no longer recommended across the board, as we now know a lot more about how blood sugar levels are affected by the foods that we eat.

Common Myth: 'People with diabetes can't eat sugar'

This is not true. Diabetes is a condition where your blood glucose level is too high, but you do not need to avoid all sugars and foods containing sugar. Sugar, lollies and desserts can be eaten by people with diabetes in small amounts, if they are combined with a healthy overall diet and regular exercise.

Tips for older people to help manage your diabetes:

1. Have a healthy, balanced diet – this includes fruit, vegetables, breads and cereals, milk and dairy products (or dairy alternatives such as soy milk) and meats i.e. fish, chicken, beef, lamb, pork (or meat alternatives if you're a vegetarian).
2. Eat regular meals and spread them evenly throughout the day
3. Have between meal snacks, especially if you are on insulin, or take diabetes tablets.

In the Aged Care setting (and this applies to Meal on Wheels as well) it is recommended that people with diabetes eat the same healthy foods as other residents. They don't need a special diet, and they can eat sugar and desserts. It is most importance to make sure that older people are eating well to avoid weight loss and to stay well nourished.

For older people who are underweight (or on the thin side) it is recommended that they have three meals a day, with snacks in between. If people lose weight they are likely to be losing muscle, and this can affect their functional ability and make them more prone to falls. To manage your diabetes well you need to eat well across the whole day. Your Meals on Wheels meal that is compliant with the National Meal Guidelines is a great start because it has a standardized amount of meat, fish or chicken, at least 2 serves of vegies and a serve of starchy vegetable or other carbohydrate food, but it is only part of your food for the day. You should still be eating 2 other meals and 2-3 other snacks during the day as well.

Remember that everyone's needs are different. All people with diabetes should see an Accredited Practising Dietitian for individualised dietary advice.

Joke:

When a soldier came to the clinic where I work for an MRI, he was put into the machine by an attractive, young technician. Sometime later, when the examination was over, he was helped out of the machine by a far older woman. The soldier remarked, "How long was I in there for?"

Simple Recipe for Healthy Eating

Immune-Boost Soup

Ingredients:

- 1 small yellow onion, diced
- ½ cup chopped mushrooms (maitake or portabella)
- 1 head escarole, roughly chopped (can substitute with kale or chard)
- 1 can low-sodium white beans (can substitute with lima beans)
- 1 QT organic low-sodium chicken broth/stock
- Salt and pepper to taste

Preparation:

- Sautee diced onions and mushrooms in 1 TBS of olive oil.
- Add broth/stock and beans to veggie mix.
- Bring to a boil and then add escarole.
- Bring to a simmer, then add salt and pepper to taste.

Source: Dr. Lindsay Jones-Born

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We encourage you to advise Fairfield Food Services of any suggestions or complaints you have about our service.

- Report issues or complaints to a staff member or volunteer.
- Complaints will be documented on the FFS Feedback Form.
- If the Administrator cannot resolve your complaint, the Manager will respond to your complaint within 24 hours.

If all of these steps fail, then you may forward unresolved complaints to:

The Chairperson

Fairfield Food Services

PO Box 261

Fairfield NSW 1860

Phone: 02 9728 6939

email: radhika@fairfieldfoodservices.org.au

The Aged Care Complaints Scheme

Aust Department of Social Services

GPO Box 9848

Sydney 2001

Phone: 1800 550 552

NSW OMBUDSMAN

Telephone contact: 02 9286 1000 or 1800 451 524 or TTY 02 9264 8050

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Complaint handling work is aimed at exposing and eliminating conduct that is illegal, unreasonable, unjust or oppressive, improperly discriminatory, based on improper or irrelevant grounds, based on a mistake of law or fact, or otherwise wrong.

FEEDBACK

We'd love to hear from you.

Please provide us with any suggestions, comments or compliments to:

Email: radhika@fairfieldfoodservices.org.au

or

Contact us on : 02-9728 6939

