



SOMETHING DIFFERENT ABOUT PROTEINS, FAT, VITAMINS AND MINERALS AND OF COURSE CARBS

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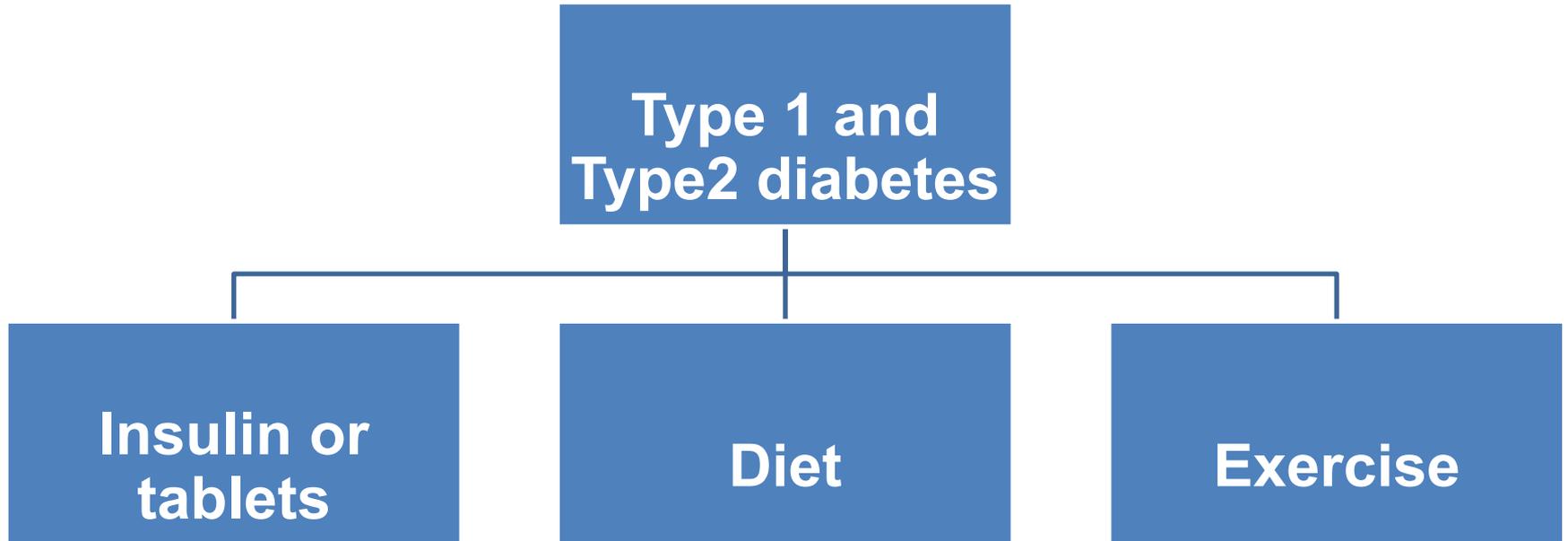
- **Dietitian**
- **Nutritionist ---Twitter blades_mabel**
- **Trainer**
- **Writer**
- **Hospital Governor**
- **Farmer/forester. –sustainability**

Diabetes major health problem

- 1996 –1.4 M
- 2011- 3 M
- 2019 4.7M

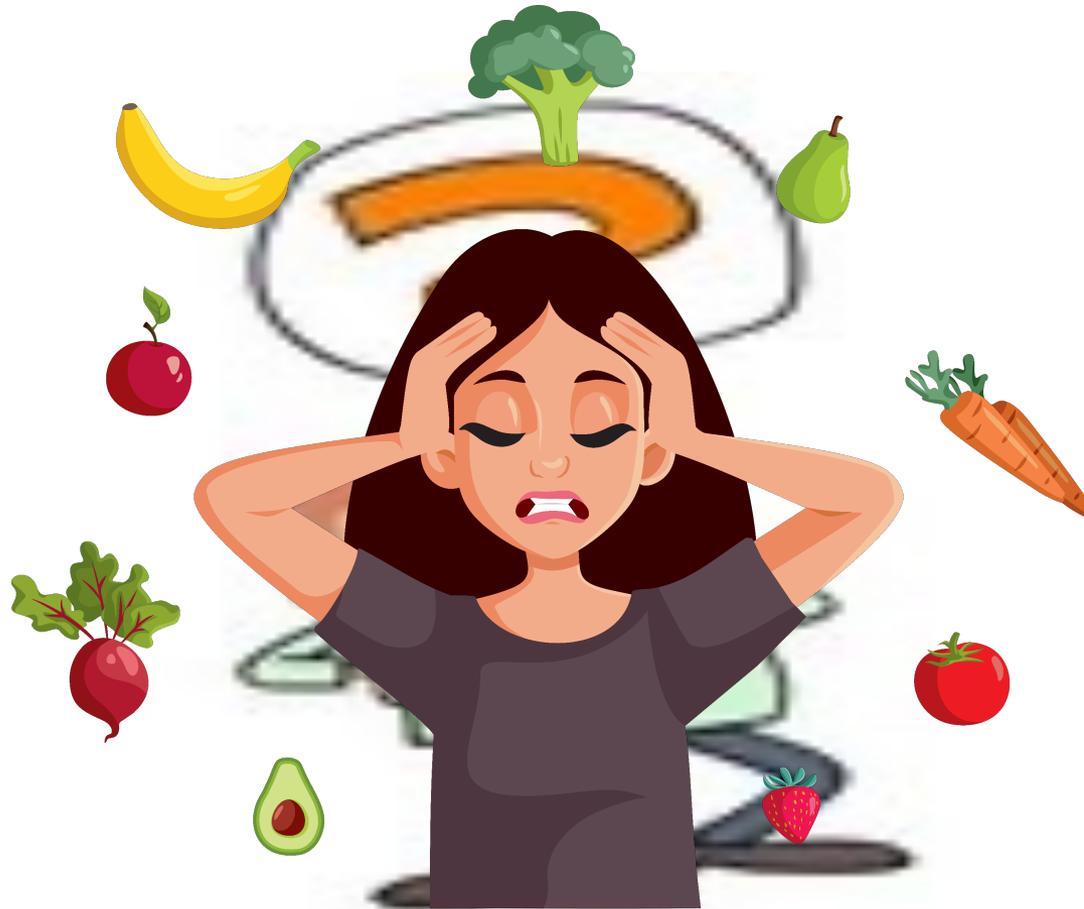
- CHD
- Strokes
- Blindness
- Amputations
- Depression
- **COVID worse plus people developing diabetes after covid**
- **10% NHS budget –mainly due to complications**

MANAGEMENT



Diet key but Confusion

Public Health England disbanded Oct 2021 now UK health Security Agency
National food strategy
Health service changing with ICS's



Eatwell Guide

HEALTHY EATING Public Health England (2013-Oct 2021)





protein for growth repair and maintenance

Made up of amino acids

- Provide energy 4kcal per gram
- 0.8 gram protein per kilo body weight

Usually thought to be 50-60 g per day but much more for older people

Eatwell Guide - Beans and pulses

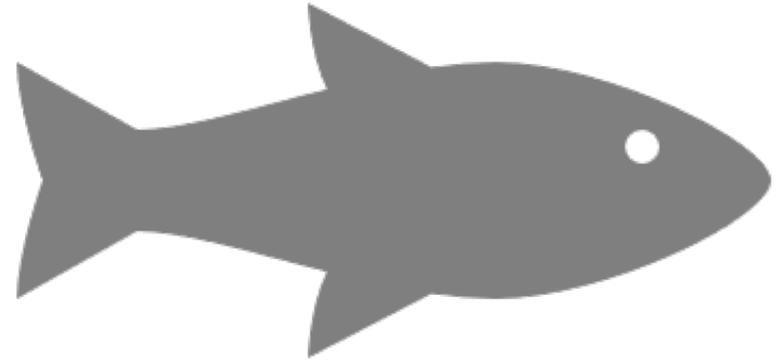


Eatwell guide

- **Meat, fish, eggs, pulses**
- **protein requirements increase with age to 80 g protein per day**
- **Plant-based diet encouraged – many vegan foods ultra-processed**
- **Advise no more than 3 portions of red meat – a week**
- **Portion of cooked meat 70g**

Fish

- 2 portions a week one oily



protein in foods

- Protein in meat and fish
- Lamb, beef/ pork/ chicken raw
- about 20-23%
- Fish raw about 17%
- Oily fish

Pulses



Soya has all essential amino acids



Eatwell Guide - Dairy and alternatives



milks

- Cows milk 3.3% protein approx.
- Source protein vitamin B12 and iodine
- Plant based milks soya
- Also potato, oat rice etc –check for protein contents, calcium iodine and B12

other items--protein

- Cheese 25%
- Yoghurt 10%
- High protein yoghurt 15%
- Kefir 4% protein
- Butter very little
- DRIED SKIMMED MILK 36%

eggs

- Useful
- standby
- 8g protein

Eatwell Guide - Potatoes, bread and rice



Provide some protein

- Bread 8%
- Cooked rice 2%
- Cooked pasta 8%

Fats and oils

- Choose unsaturated fats monounsaturated examples rape seed oil, olive oil better effect on blood lipids
- Fish oil supplement –omega 3s
- Evening primrose oil –breast pain

Fruit and Vegetables



Fruit and vegetables basis of plant based diet

- At least 5 portions –portion 80g
- Provides fibre –helps prevent constipation and helpful for gut microbiome. Increased fibre (soluble) Associated with reduced risk type 2 diabetes.
- 30 varieties plants per week advised by research good reason for use of herbs and more varied fruit and vegetables
- Plant based diets decrease risk and severity of COVID
- Promote healthy gut microbiome
- Choose fruits containing less sugar

Vitamins and Minerals

Vitamin D and A fat soluble

Vitamin C and B vitamins water soluble

Minerals calcium, phosphorus iron, zinc,
Selenium, Iodine

Carbohydrates

- Sugars and starches also fibre promotes bowel health plus soluble fibres lower blood lipids



Carbohydrates/energy

- Sugars –3.75kcal per gram
- Starches - 3.75kcal per gram
- Fibre (NSP) 2.0 kcal per gram FOCUS ON FIBRE
30g per day most people take 18 g
- Fats 9kcal per g
- Protein 4 kcal per g need more protein as get older
- Alcohol 7kcal per g

Healthy diet general advice

- Type 2 reduce weight
- Moderate carbohydrate 130-225g per day
- Cut down on sugar but not cut out
- Spread carbohydrate throughout day
- Type 1 Balance carbohydrate and insulin
- 5 portions of fruit and vegetables helpful for gut microbiome and Covid
- Choose carbohydrates with lower GI particularly oats, seeds and fruit and vegetables
- Use soft drinks with low calorie sweeteners

General advice

- Adequate fluid
- Vitamin D supplement bone health
- Possible probiotic for gut bacteria
- Lots of variety fruit, vegetables and herbs
- Regular meals and snacks
- Protein at each meal limit meat
- Oily fish weekly omega 3s once a week
- Adequate fibre
- Everyone is different and some foods plus situations cause different glucose responses



Diabetes Everyday Eating

"I want to be told what I can eat – not what I can't".

This booklet provides you with help and advice about everyday eating and a four week menu plan.

HELPLINE: 01604 622837

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Thank you

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