

Managing diabetes during festivals

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Background



South Asians are 6x more likely to develop Type 2 Diabetes compared to white Europeans

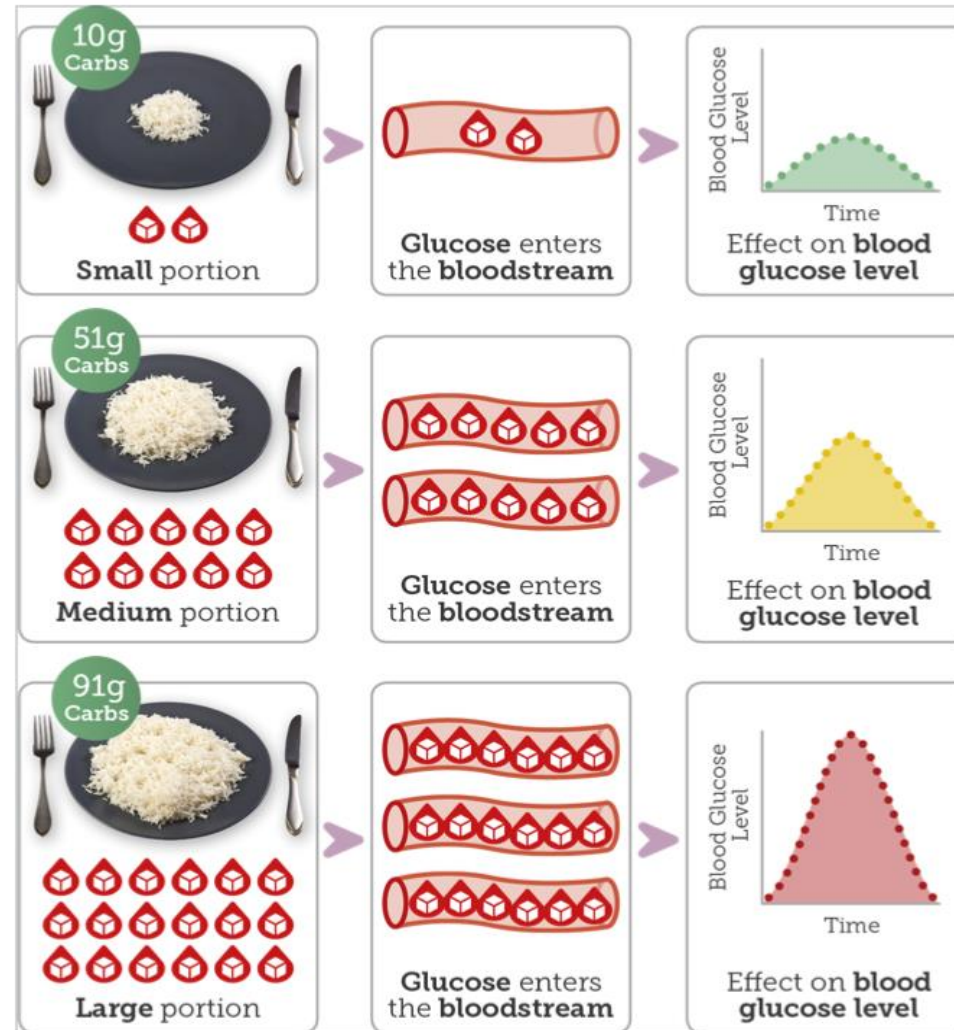


Type 2 Diabetes is multi-factorial

Celebrations and Festivals



Carbohydrates



Types of Carbohydrates



Starchy Carbohydrates

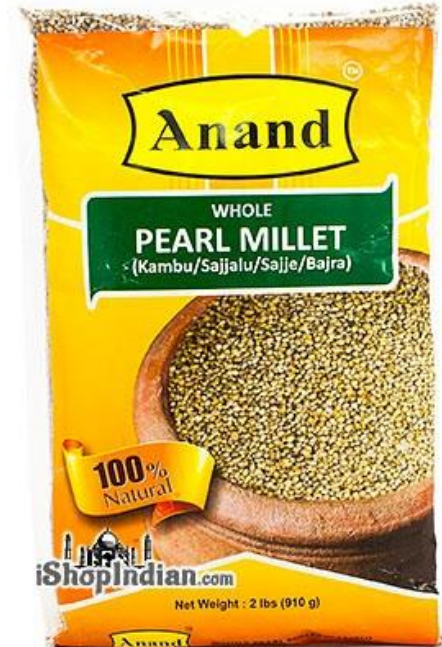
Bread
Rice
Pasta
Sweet Potato/Taro
Poha
Thepla
Dosa
Idli
Roti/Chappati/Paratha



Added sugars

Meethi chutney/Aloo Bukharay ki
chutney/murabba
Biscuits/cakes
Mithai
Chocolate
Sweets
Sugar/Jaggery
Fruit Juice

High Fibre foods



How to increase fibre in our meals?

Rice/Dosa/Idli → **Brown Rice**

Thepla → **Wholemeal Flour/Millet Flour**

**Potato/Sweet Potato/
Taro Root** → **With Skins**

Poha → **Red Rice**

**Roti/Chapatti
/Paratha** → **Wholemeal Flour**

Upma → **Brown Rice Flour**

Let's not forget about drinks!



Falooda

5g=1tsp sugar



24g-30g



Let's not forget about drinks!



Meethi Lassi

5g=1tsp sugar



12g-18g



Let's not forget about drinks!



Doodh Pati/Chai

5g=1tsp sugar



6g-24g



Salt



How much salt do we really need?

| Age | <u>Maximum</u> Recommended Salt Intake |
|--------------------|---|
| 0-6 months | <1g / day |
| 6-12 months | 1g / day |
| 1-3 years | 2g / day |
| 4-6 years | 3g / day |
| 7-10 years | 5g / day |
| 11 years and above | 6g / day |



Foods high in salt



How can we reduce our salt intake?

| Food | | Drink | |
|---------------|---|---------------|--|
| High | Over 1.5g per 100g or Over 1.8g per portion | High | Over 0.75g per 100g or Over 0.9g per portion |
| Medium | Between 0.3g and 1.5g per 100g | Medium | Between 0.3g and 0.75g per 100g |
| Low | 0.3g or less per 100g | Low | 0.3g or less per 100g |

*portion size criteria apply to portions/servings sizes greater than 100g



Check the food label

Flavours, spices and aromas



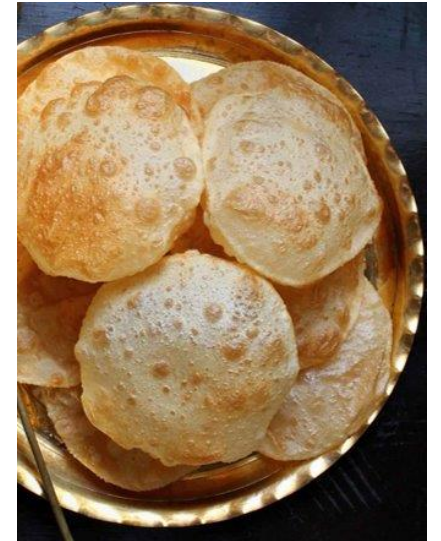
Gradually add less salt

Measuring spoons



Drain and rinse pulses

Foods high in fat



How can we reduce our fat intake?



Dried Fruit Mithai



Unsaturated Fats

Leaner Meats



Roasting Spices



Different Cooking Methods



Portion Size



Making a T shape plate



Carbohydrates = 60grams



Carbohydrates = 30grams

Balanced Meals - Vegetarian



Daal Curry

*with 1 chapati, small rice portion,
raita & salad*

- ↓ **Reduce oil** (use 2 tablespoons per dish)
- ↓ **Reduce salt** in cooking
- ↑ **Increase portion of daal**
- ↑ **Increase portion of salad**

69g
CARBS

485
CALS

14g
FAT

8g
FIBRE

Balanced Meals – Non-vegetarian



Fish Curry

with rice, raita & salad

- Measure out 2 tbsp oil per dish.
- Use curry powder instead of curry paste.
- Add side salad.
- Swap white rice to brown rice to increase fibre.

43g
CARBS

400
CALS

15g
FAT

4g
FIBRE

Top Tips



Gift nuts, seeds, dried fruit or alternatives



Be mindful of portion sizes

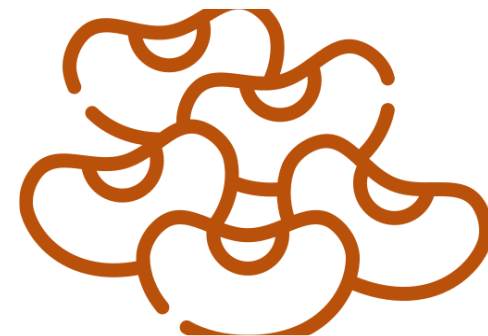


Mindful Eating

Reduce fried foods



Opt for high-fibre foods



Thank you for listening, any questions?



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