



Kick Start - session 3 Diabetes weight management group

Building healthier lives

UHB is a no smoking Trust

This patient information leaflet provides the following information covered in Kick start session 3:

- understanding food labels
- alcohol and diabetes
- how to deal with hunger
- dealing with emotional eating

Food labelling

Understanding food labels can help you make better food choices when aiming for a healthy diet and trying to lose weight.

On the back

Labels of foods and drinks give essential information, such as the ingredients the product contains, as well as the nutrients (carbohydrate, protein, fats and calories). These will be found on the back of the label.

On the front

Colour coding foods using a 'traffic light' approach now appears on many foods and helps you to see at a glance how healthy a product is for you, as well as helping you to compare differences between brands.

Some nutrition labels use red, amber and green colour coding. Colour-coded nutritional information tells you at a glance if the food has high, medium or low amounts of fat, saturated fat, sugars and salt:

- red means high
- amber means medium
- green means low

Try to choose foods with more greens than ambers, and less reds.

How do I know if a food is high in sugar, fat or salt?

The table below is a guideline to show you what value of sugars, fats and salt are considered low, medium or high in a food product.

All measures per 100g	Low	Medium	High
Sugars	5g or less	More than 5g to 22.5g	More than 22.5g
Total Fat	3g or Less	More than 3g to 17.5g	More than 17.5g
Saturated fat	1.5g or less	More than 1.5g to 5g	More than 5g
Salt	0.3g or less	More than 0.3g to 1.5g	More than 1.5g

Useful websites:

- www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels
- www.diabetes.org.uk/guide-to-diabetes/enjoy-food/food-shopping-for-diabetes/understanding-food-labels
- www.bda.uk.com/resource/food-labelling-nutrition-information.html








Alcohol and diabetes

Unless advised by your doctor, there is no reason to completely avoid alcohol because of your diabetes. Alcoholic drinks do contain varying amounts of alcohol and carbohydrate so will affect your weight and may also affect your blood glucose levels.

There are no 'safe' limits, it is recommended that you keep your alcohol intake to less than 14 units per week.

It is also recommended that if you are drinking up to 14 units of alcohol, this should be spread over the week.

Units can be difficult to understand as most people drink by the glass, not by the unit.

						
2 Units	1 Unit	1 Unit	1.5 Units	2.1 Units	9 Units	1.4 Units
182 calories 3.5% ABV	120 calories 37.5% ABV	55 calories 40% ABV	93 calories 125ml 12% ABV	130 calories 175ml 12% ABV	556 calories 12% ABV	200 calories 5% ABV

If you take any of the medications which increase your risk of hypo, you should take the following precautions if drinking more than three units of alcohol:

- ✓ Drink with meals, **not** on an empty stomach
- ✓ Do not skip your usual meal or cut down your carbohydrate intake
- ✓ Have a small carbohydrate containing snack before bed if drinking in the evening such as a slice of toast or a small bowl of cereal

Calories in alcohol

A standard glass of wine can contain as many calories as a piece of chocolate, and a pint of lager has about the same calorie count as a packet of crisps. Regularly drinking more than is recommended by the NHS can have a noticeable impact not only on your liver and blood glucose levels, but also on your waistline. Having more alcohol-free days is a good way to reduce your calorie intake and preserve your liver function. Alcohol will have an impact on your blood glucose levels. Please speak to your diabetes nurse if you have any problems concerning alcohol and diabetes.

How to deal with hunger

Feeling hungry can be a common complaint when you are watching your weight. It is normal to occasionally eat when we aren't really hungry, but sometimes we think we are hungry when actually we may be feeling bored, sad, stressed, excited or scared.

How to deal with hunger by using the hunger scale

On a scale of 1 to 10 with 1 being “ravenous” and 10 being “stuffed” rank your hunger right before you start to eat a meal.

0 1 2 3 4 5 6 7 8 9 10

0 = Starving, famished, headache. Ravenous

3 = Need to eat something, hunger pangs. Hungry

5 = Comfortable

7 = Full, satisfied and content

8 = Overfull, need to loosen clothing, must sit for a while

10 = Nauseated, vow to never eat this much again. Stuffed

Halfway through your meal, rank your hunger again using the same scale. If you are a 5, 6 or 7 put your fork down and stop eating. Looking out for the signs that you are comfortably full is a good way to help make sure you do not overeat.

If you decide to keep eating, you should finish your meal and rank your hunger again. Stopping at a higher number or telling yourself you need to leave a clear plate means you have probably taken in more food (calories) than your body needs.

Dealing with emotional (comfort) eating

It is easy to turn to food and eat for comfort when you are upset, stressed or bored. If you find you are eating in response to negative emotions rather than hunger, you are likely to be comfort eating. If this relates to you, it is important to address this to help with achieving weight loss. Things you could do include:

- Keeping a food and mood diary for a few days. This can help you work out when you are eating for comfort. Whenever you eat something, record your mood and how hungry you are on the hunger scale. If you find you are eating in response to negative emotions rather than hunger, you are likely to be comfort eating
- Identify triggers: what circumstances or feelings result in comfort eating?
- Think about how to change or avoid the circumstances that cause negative feelings, which lead to comfort eating
- Before a food craving ask, am I really hungry, or is this emotional eating? Then, wait 30 minutes before eating. Often, you will find that it is really emotional comfort that you need, rather than food

Here are a few more tips to help you deal with emotional eating:

- Make a list of activities that you enjoy doing other than eating. Alternative activities can help distract you from eating
- Call a friend or family member who can take your mind off eating
- Keep healthy snacks around instead of high-fat treats
- Do not deprive yourself. Allow yourself to have a treat occasionally
- Positive thinking

Monitoring

Please remember to complete the three day blood glucose and food diary for review at the next session provided by the nurse/dietitian.

Diabetes centre contact numbers:

Telephone: 0121 371 4523

Telephone: 0121 371 4535

Useful links

www.nhs.uk/better-health

Nutrition and Dietetics: Diabetics
Queen Elizabeth Hospital Birmingham
Mindelsohn Way, Edgbaston
Birmingham, B15 2GW
Telephone: 0121 627 2000
