

LIVING WELL WITH DIABETES

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Type



Bradford Teaching Hospitals  
NHS Foundation Trust

# Keeping your Heart Happy

Information for young people with diabetes

Having diabetes increases the risk of getting heart disease as you get older so it's really important to do everything you can to look after your heart right now! This includes being active and having a healthy weight. Other changes to your diet can help too...

## Fats

There are different types of fat in food and some are healthier than others. This is because different types of fat affect your cholesterol (blood fats) in different ways. Eating too much of the 'bad' fats causes our blood vessels to gradually clog up, eventually causing heart disease.



### Trans fats in processed foods

Found in biscuits, cakes, crisps, fried foods, takeaways, pastries, pasties and pies.

**Eat LESS of these!**



### Unsaturated fats

Found in oily fish, avocados, nuts, seeds, olives and olive oil, rapeseed oil, sunflower oil and margarines made from these.

**Eat MORE of these!**



### Saturated fats

Found in meat, cheese, butter, milk and eggs and palm oil.

**Eat SOME of these!**

## Fibre

Eating foods that contain fibre is important to keep you healthy and can also help you to control your diabetes. There are two types of fibre and both are important:

### Soluble fibre

Helps to control blood glucose levels  
Reduces cholesterol

### Insoluble fibre

Keeps digestive system healthy and prevents constipation

Found in fruit, vegetables, peas, beans, lentils and oats.

Found in wholegrain foods like Weetabix, Branflakes, Muesli, Shredded Wheat, wholemeal bread, pasta and rice.

## Fish

Fish is a low-fat source of protein. Oily fish contains a special type of fat called Omega 3 which helps keep your heart and blood vessels healthy. Try to eat fish twice a week, including one portion of oily fish. Examples of oily fish include salmon, fresh tuna, mackerel, trout, sardines, pilchards, bloaters, herring, eel, hilsa, jackfish, katla and pangas.

## Salt

Eating a lot of salt can cause high blood pressure, which is bad for your heart. Processed foods such as crisps, salted nuts, ready-made meals, sauces and takeaways contain a lot of salt, so try to eat less of these. Don't add extra salt to foods.

## Foodie fact:

An average person has 10,000 taste buds. Try replacing salt with other flavourings such as herbs, spices, pepper, lemon juice and vinegars so that food is still tasty!

Here are some ideas to help keep your heart healthy, control your weight and look after your diabetes. Don't try to do them all at once! Even choosing 1 or 2 changes at a time will help, especially if they will make a big difference to your diet.

- Eat less chips – choose potatoes, pasta, rice or chapattis instead
- Cut down on takeaways and have a smaller portion by sharing
- Use a mono or polyunsaturated spread instead of butter
- Try tomato-based pasta/ curry sauces instead of creamy or cheesy ones
- Choose 'diet', 'zero' or 'no added sugar' drinks
- Cut down on sugar in drinks / on cereals or use sweetener instead
- Eat more fruit – try having some as a snack or instead of a dessert
- Eat more vegetables and salad – have some with lunch and evening meal
- Eat oily fish once a week
- Eat less sweets and chocolate
- Eat less crisps
- Cut down on biscuits and cakes
- Change to a wholegrain breakfast cereal, e.g. Weetabix, shredded wheat
- Change to wholemeal, granary or 50:50/ half & half bread
- Don't add salt to food at the table
- Cut down on fried food – grill, poach, bake or steam instead
- Change to semi-skimmed or skimmed milk
- Use less oil, butter or ghee in cooking – aim for no more than 1 teaspoon per person
- Eat regular meals – breakfast, lunch and evening meal
- Eat less puddings – choose 'light' yoghurt or sugar-free jelly or whip instead

## Food for Life - Bradford Dietitians

Bradford Nutrition & Dietetic Service is located within Bradford Teaching Hospitals NHS Foundation Trust

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