

# Living Well, Healthy Choices & Diabetes in the Current Climate

**Georgette Alayyan**- Lead Diabetes Dietitian (West Hampshire and Gosport PCN)  
**Lauren Kelly** – Joint Lead Diabetes Dietitian (Gosport PCN)

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## OUR VALUES

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# Overview



Living well with different lifestyles

Food family, diabetes and work



Is a healthy diet on a budget really possible?

Food and shopping tips

Shopping basket 'higher or lower'



Food Psychology

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# How Can Busy Work & Family Life Affect Dietary Choices?



Lack of time – impulse buying/eating, increased processed/ convenience foods



Fussy eaters – difficult to make healthy changes for whole family



Lack of money – limiting food choices



Increased stress levels – psychological impact



Long commutes – ‘eating on the go’



Eating environment – eating in front of computer/TV, dining table?

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# What Is a Healthy Diet With Diabetes?



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# Is Your Diet Affordable and Sustainable in 2024?



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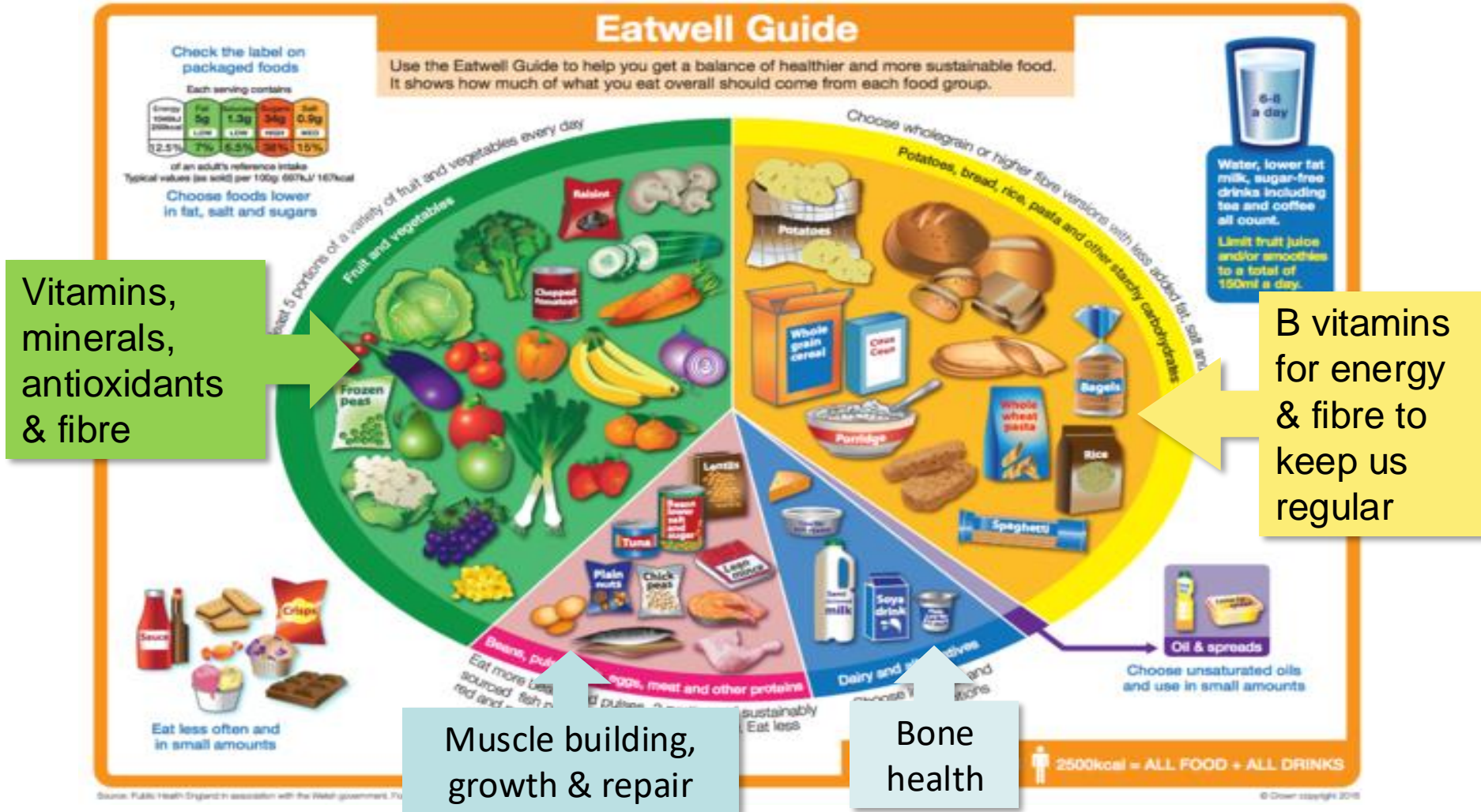


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# Carbohydrates in your diet





# Main Meals

**If you are trying to lose weight, you could change the proportions on your plate to look like this:**

Vegetables, salad and fruit  
Half of the plate may need to buy, prepare and cook more vegetables than before



Meat, fish, beans, eggs  
'Palm size'  
3oz-4oz/75-100g meat or fish  
2 eggs,  
150g beans



Starchy food  
'Clenched fist'  
2 slices of bread,  
3 egg sized potatoes,  
3-4oz/75-100g cooked rice or pasta, one portion - no extras on the side.



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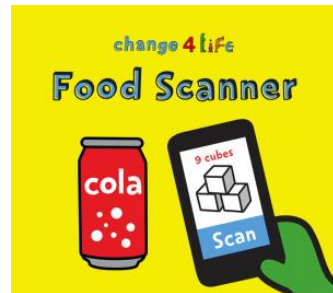
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# Healthy Living Tips

- Five a day!
- Whole grains
- Lentils & pulses
- Oily fish
- Vitamin D supplements
- Reduce
  - Processed foods
  - Added sugar
  - Saturated fat
  - High salt
- Stay active
- Quit smoking
- Reduce alcohol
- Limit caffeine



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**Q: What do you find yourself eating when you're not really hungry? When do you eat it?**

**Has anything worked to reduce this?**

**R** Replace: try meeting the need in another way, e.g. nice bath, walk, a phone call.

**A** Avoid having unhealthy snacks in the house.

**D** Delay by 45 minutes.

**A** Have accessible healthy snacks.

**R** Restrict eating to the dining table.

# Snacks

Let's see how many matches we can make!

- 🍷 A boiled egg
- 🍷 Slices of apple with a tbsp. peanut butter or thin slices of cheese
- 🍷 Cottage cheese with pineapple & few crackers
- 🍷 Chopped veg sticks with a few tbsp. of hummus
- 🍷 Tzatziki with chopped peppers/cucumber
- 🍷 Handful unsalted nuts or dried fruit & mixed nuts
- 🍷 Handful fruit and a small pot of plain or natural Greek yoghurt
- 🍷 Roasted chickpeas or a few falafels
- 🍷 A nut/seed-based snack bar- some great homemade options
- 🍷 Savoury egg muffin
- 🍷 Roasted seeds
- 🍷 Popcorn (it's a wholegrain)
- 🍷 Olives
- 🍷 200ml glass of cow or plant milk
- 🍷 A portion of fruit/ raw vegetables
- 🍷 Beef jerky or cold meat slices



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Are you a savvy supermarket  
shopper?

Let's play 'Shopping Basket  
Higher or Lower'!

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# Breakfast Cereal



Low sugar/non choc coated



Sugar/choc coated

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# Bread



White bread



Wholemeal bread

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# Veg (1)



Carrots



Broccoli

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# Fruit



Fresh Berries



Frozen berries

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# Tomatoes



Tomatoes



Tinned tomatoes

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# Sliced Cooked Meats



Ham



Turkey

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# Protein



Pulses



Beef mince

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# Meat



Beef joint



Whole chicken

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# Fish



Fresh fish fillets



Tinned fish

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# Burgers



Frozen vegetable  
burger



Frozen beef burger

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# Breakfasts



- Bowl of porridge with low fat milk with chopped up banana/blueberries on top
- A slice of wholegrain bread/toast with boiled/scrambled/poached egg
- No added sugar Muesli with low fat milk
- Plain greek/natural yoghurt + handful of frozen berries
- Omelette/Frittata

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# Main meals

- **Light meal ideas**
- Pitta bread with tuna served with side salad and small amount of low fat mayonnaise/ dressing.
- Lentil Soup with 1 slice of wholegrain bread or small roll.
- Medium jacket potato with low fat cottage cheese and side salad.
- 1 slices of toast with sardines or pilchards. Served with sliced tomato.
- 2 egg omelette with 1 slice of toast and low fat spread + several cherry tomatoes
  
- **Main meal ideas**
- Bean & vegetable risotto
- Bolognese sauce, wholewheat pasta, quorn mince/beef mince served with a side salad.
- Fish pie with low fat white sauce topped with mashed sweet potato. Served with broccoli and cauliflower.
- Mixed bean/chicken casserole, cooked with onion, mushrooms and carrots. Served with a jacket potato.
- Shepherds or cottage pie, with broccoli and cauliflower.





# Healthy Eating as a Family - Top Tips



Involve the family in meal planning



Cook in bulk and freeze portions



Stock up on cupboard/freezer essentials



Be mindful of snacking/eating during food preparation

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# Dietitians' Top Tips for Eating Well on a Budget



Plan meals



Shop with a list



Look at  
supermarket  
brands



Reduce waste



More vegetarian  
options



Use frozen or  
tinned fruits &  
vegetables



End of day  
discounts



Cook smarter

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When you try to eat like this:



But then it turns into this:



So maybe try this:



It's a lifestyle... not a diet.

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# Any questions?

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