



A guide to managing your diabetes: African Diet

Date:	
Patient:	
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Carbohydrate-containing foods are broken down into glucose at different rates. **The Glycemic index (GI)** is as a measure of how quickly glucose is released from a food into your blood. **Unprocessed** carbohydrate foods, which are **low in sugar** and **high in fibre** often have a lower GI value and release glucose more slowly. Choose low glycaemic index foods to manage your blood glucose levels (page 3)

Food should be cooked and eaten in its most natural state i.e. **whole cassava** rather than **cassava flour** and **yam** rather than **pounded yam**. This may help to manage your blood glucose levels. They also have a higher nutritional value, which is important for a healthy pregnancy. Try to avoid banku, dasheen, tapioca, jowar and foods made with maize meal (pap/mielepap) because they release glucose quickly and can rise your blood glucose levels.

- Avoid adding sugar or sugar to your tea or milk - try using a sweetener instead e.g. Candarel/Splenda
- Choose lower fat foods and reduce fried food (e.g mandazi, dumplings)- limit ghee and choose olive, rapeseed, canola oil as an alternative
- Look for dishes that are steamed, stewed, poached, baked, stir-fried or grilled. These cooking methods use less fat than frying.
- Think about the plate model - more than half of your plate should be filled with salad or vegetables at meals
- Choose healthy desserts such as natural yoghurt with berries or a piece of suitable fruit (see table and limit to 1 piece at a time). Try to avoid dried fruits (raisins, dates, banana) and evaporated and condensed milk
- We recommend approximately 1.5- 2 cups of cooked rice/pasta as a portion at lunch/evening meal = 150g-200g cooked weight



BETTER carbohydrate foods to choose

Breads and flours	<p>Fufu (should be made with plantain and cassava flour- avoid other types)</p> <p>Omo tuo (basmati rice)</p> <p>Plantain (unripe, boiled)</p> <p>Boiled yam</p> <p>Cassava/cassava fries (baked)</p> <p>Gari/eba (should be make with course cassava flour-avoid other types)</p> <p>Gram flour/ bulghar/cracked/ broken wheat</p> <p>Corn Hominy or jumbo porridge oats</p> <p>Millet</p> <p>Buckwheat</p> <p>Amala</p> <p>Taro</p> <p>Wholegrain, granary, multiseed, stoneground wholemeal (e.g. McCambridge®), rye, “Low GI” bread (<i>Aim less than or equal to 15g carbohydrate per slice</i>)</p>
Cereals	Jumbo porridge oats, All Bran® (sticks) or Shredded Wheat®.
Grains	Basmati rice, wild/red rice, brown rice, Whole-wheat pasta, white pasta, egg /soba/mung bean noodles, whole barley, quinoa
Potato	<p>Sweet potatoes, yams, cassava</p> <p>Boiled/steamed new or baby potatoes (with skin)</p> <p>Homemade chips/sweet potato fries (skin on)</p>
Snacks	Wholewheat crackers, Rye crispbread with seeds (e.g. Ryvita®) and oatcakes. Popcorn (preferably unsalted)
Fruit /veg	Good choices include: Apple, pear, peaches, plums, berries, fresh figs, kiwi, oranges, grapefruit (<i>Only 1 at a time and not at breakfast</i>)
Milk & Yoghurt	<p>Plain, Greek, natural, “diet” and no added sugar flavoured yoghurts (<i>Aim less than 12g carbohydrate per serving</i>).</p> <p>Natural yoghurt or curd</p> <p>Raita</p> <p>Whole, low-fat, skimmed and butter milks. Milk alternatives (soy, nut and oat milks) with <u>no added sugar</u> (<i>aim for 5g total carbohydrate per 100ml, or less</i>).</p>

Carbohydrate Portions

The foods listed below all contain similar amounts of carbohydrate (10-15g) in one serving (or “choice”). As a general guide, most women will need to eat:

- ✓ **1-2 carbohydrate “choices”** at breakfast
- ✓ **3-4 carbohydrate “choices”** at other main meals
- ✓ **and 1 carbohydrate “choice”** at snack

1 carbohydrate choice equals:	
Food	Serving size
All Bran®(sticks)	30g
Shredded Wheat®	1 biscuit (22g)
Porridge (jumbo oats)	20g / ¼ cup/ 2 tbsp uncooked
Bread (e.g. wholegrain, stoneground or low GI)	1 medium slice (30-35g)
Ga Kenkey (fermented cornmeal)	50g cooked
Gari/Eba (should be made with cassava flour)	50g cooked (boiled)
Boiled Yam or Unripe plantain	50g cooked (boiled)
Corn hominy	75g cooked
Breadfruit	50g cooked (boiled)
Fufu (should be made with plantain and cassava flour)	50g cooked
Wholegrain/seeded oat crackers /seeded crispbread	2 crackers
Rice(wholegrain/basmati), wholegrain freekah, pasta or egg noodles	50g / ½ cup (cooked) or 20g (uncooked)
Bulgar/buckwheat/quinoa	75g (cooked)
Sweet potato	75g (boiled) or 50g (baked)
New or baby potato (boiled)	100g or 3 baby potatoes
Couscous (semolina)	70g (cooked) or 20g (uncooked)
Apple, orange or pear	1 medium fruit
Kiwi, mandarin or plum	2 small fruit
Berries	1 cup/ handful
Grapefruit or Papaya	80g
Yoghurt (plain, natural)	125g pot
Cow’s milk	200ml glass
<i>Milk alternatives (e.g. soy, nut, oat drinks) with <u>no added sugar</u> contain varying amounts of carbohydrate. Aim for 5g total carbohydrate per 100ml, or less.</i>	

Meal Plan

Use the **sample meal-plan** below and the list of **carbohydrate “choices”** to help plan your meals.

Meals should be adjusted to suit your individual needs. Talk to your dietitian about a plan that is right for you.

Breakfast: (1-2 carbohydrate choices)

- ✓ Boiled yam (1 and ½ slices) or boiled unripe plantain (100g) with scrambled egg and vegetables
- or 150g (cooked) corn hominy with eggs
- or 30g (3 x tablespoons) jumbo oats (uncooked) made with 200ml milk + boiled egg
- or egg sandwich on wholegrain bread (x 2 slices wholegrain)
- or baked plantain frittata (100g)
- or 1 Shredded Wheat® /30-40g All-Bran® sticks + 150-200ml milk

Hormones can make managing blood glucose levels at breakfast harder than after other meal. Eating a small meal at this time can help.

Mid-morning snack: (1 carbohydrate choice)

- ✓ 50g boiled unripe plantain with eggs
- or Ryvita® /whole-wheat crackers + 30g light cheese or sardines
- or bean soup
- or 50g plantain with boiled egg
- or 100g moi moi
- or 1 pot of yoghurt with 3 spoons of berries
- or 200ml milk (small glass)

or 1 piece of fruit (pear/apple/orange/grapefruit)+ small handful of nuts or nut butter (no sugar)

or 1 slice of wholegrain bread + turkey/chicken/cheese + salad.

or popcorn (15g bag) + handful of nuts

Lunch and Dinner : (3-4 carbohydrate choices)

- ✓ 200-300g boiled potatoes/sweet potatoes Or 210g semolina (cooked) or 150g cooked basmati rice/amala/yam/ unripe plantain/breadfruit/baked cassava/ gari/fufu/eba (cassava flour)/basmati or jollof rice/corn hominy/pasta
- ✓ **and** stew/curry (tomato/red/pepper/black/ata dudu /asun/ gizdodo) or grilled meat or fish (e.g catfish/ tilapia/salmon/mackerel) or chicken/turkey/goat or eggs or cheese (panneer) or beans
- ✓ **and** vegetables or salad or homemade soup (onugbu or bitter leaf/agusi/edewu)
- ✓ **and** 1 fruit/1 milk/1 yoghurt
- ✓

Afternoon snack: (1 carbohydrate choice)- See morning snack ideas

Supper: (1 carbohydrate choice and protein)

- ✓ 1 slice of bread/ 2 Ryvita®/ 3 oat crackers + cheese/ egg/ peanut butter
- or** 200ml milk (small glass) and handful nuts

You should not go hungry. If you feel hungry or notice any weight loss, ask to speak with your dietitian to make sure you are getting enough nourishment.

The following foods should be considered as 1 starchy carbohydrate choice if you are eating more than ½ cup, and so you will need to slightly reduce your portion of starchy carbohydrate

- Dishes made with beans, peas, lentils such as cambuulo/ambulo/moi moi/pigeon peas
- Dishes made with chickpeas

The following are carbohydrate free snack ideas and can be included if you are feeling hungry outside of meal and snack times:

- ✓ Bitter leaf soup
- ✓ Okra
- ✓ Hard-boiled egg and fresh cut vegetables
- ✓ Pumpkin
- ✓ Callaloo
- ✓ Ground flax seeds
- ✓ Paneer/ Cheese cubes /Cottage cheese
- ✓ Roasted peanuts/nuts
- ✓ Vegetables and salad (e.g. tomatoes, carrot, cucumber) with hummus
- ✓ Olives
- ✓ Cucumber with cheese
- ✓ Edikaikong with meat

Don't forget all vegetables and salads are carbohydrate free too including: okra, eggplant, carrots, broccoli, peppers, tomatoes, lettuce, cucumber etc!

Monitoring your Gestational Diabetes

The Diabetes Midwife will give you a glucometer to check your blood glucose levels. They will call you for a telephone appointment every 2-4 weeks. Refer to the booklet 'A guide to checking your blood glucose levels' for more information or rotunda.ie/diabetes.

Target blood glucose levels are:

- Less than 5.0 mmol/l fasting
- Less than 7.0 mmol/l 1 hour after you finish eating

Please record your blood glucose levels in the diabetes diary provided. It is helpful if you circle any blood glucose readings above the target value and note anything that might have caused this. For example, eating a larger meal than normal or eating a food that is high in sugar (see sample diary entries below).

Blood glucose test results

	Breakfast		Lunch		Evening meal		Before bed
	Before	After*	Before	After*	Before	After*	
Monday	4.5	6.5		6.8		6.7	
Tuesday	4.7	8.5		6.5		6.3	Pounded yam
Wednesday	4.3	6.9		8.6		6.4	Large portion plantain