

SIX-MINUTE INTENSIVE TRAINING:

Healthy eating

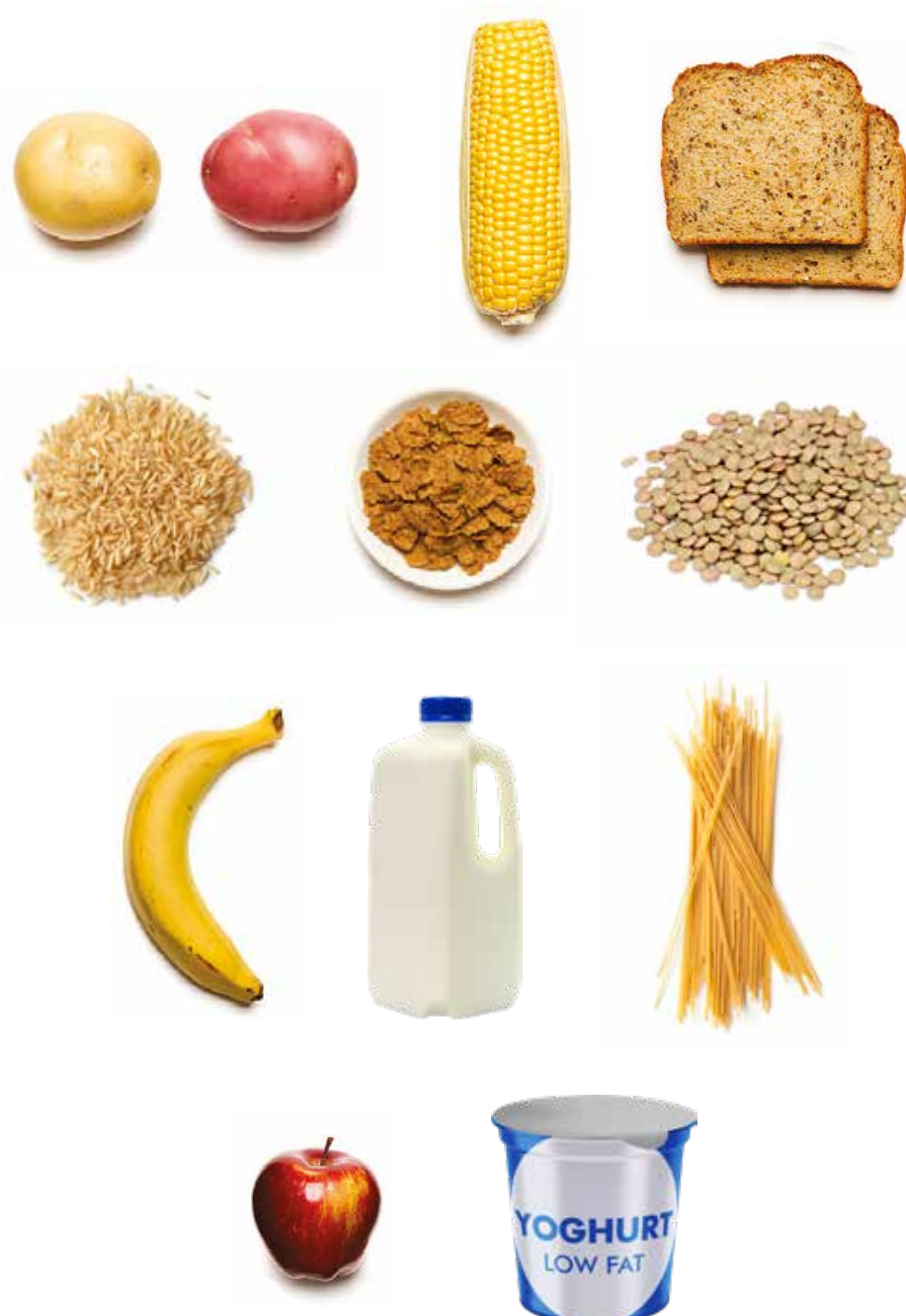
What is healthy eating for residents with diabetes?

- » Residents with diabetes can eat the same healthy food as other residents. They do not need a special diet. Residents with diabetes can eat desserts and some sugar.
- » Weight loss in older adults can do more harm than good. It can lead to muscle loss, weakness and falls.
- » Carbohydrates provide energy and are an important source of fibre, vitamins and minerals. Carbohydrate foods raise blood glucose levels. But restricting the amount of nutrient-rich carbohydrate food eaten by older adults may have negative effects, such as malnutrition.
- » A balance of nutrient-rich carbohydrates throughout the day is an important component of healthy eating for residents with diabetes.

Avoiding hypoglycaemia and hyperglycaemia

- » Know which residents are at risk of hypoglycaemia (also known as hypo or low blood glucose). For example, those using residents who take insulin or a sulphonylurea. Notify the registered nurse (RN) if these residents do not finish or skip a meal.
- » Do not inject mealtime insulin (including premixed insulin) until the resident's food is available and they are ready to eat. Mealtime and premixed insulins must be given no more than 15 minutes before eating.
- » Ensure residents with diabetes have access to healthy carbohydrate snacks outside the normal mealtime routine to prevent a potential hypo.
- » Look out for signs of increased hunger in residents with diabetes, this can be a symptom of hypoglycaemia.

Carbohydrates are found in:



! If a resident has not eaten all their meal, encourage them to have some carbohydrates from a different source (for example a milkshake, toast or bread, fruit juice, custard or dessert).

Next steps

Read:

- » **Diabetes management in aged care: a practical handbook** – Chapter 13: Healthy eating