

How will seeing a see a Diabetes Specialist Dietitian help me?



Here are just some of the benefits that you might find after a consultation:

- Might help you to increase the variety of food that you eat, even including the foods you think you might need to avoid!
- Reduce the need of taking extra medication/insulin or starting insulin, by suggesting simple changes to your diet
- Ensure that you are on the right diabetes medication/ insulin regimen to suit your dietary intake and lifestyle
- Might identify the reason why you may be having some low and high glucose readings
- May suggest a dietary approach that better suits YOU and your lifestyle i.e. Mediterranean diet, low carbohydrates, intermittent fasting or even low calorie diets
- Clear up mixed messages and 'Food Myths' received from the media, or family & friends; Can I eat grapes? Can I eat bananas? Does Bitter Gourd or cinnamon cure Diabetes?
- Practical suggestion on how to improve your diet, how to cook healthily on a budget
- Simple changes to help lower weight, improve your overall diet. If we can't help, we may refer you onto other colleagues that may help more
- Help with increasing physical activity safely



The Diabetes Specialist Dietitians are here to help and support you in your Diabetes journey. Please ask your Diabetes Specialist Nurse or your G.P Surgery to book you in for an appointment.

Alternatively call 0208 510 5920 or

E-mail : huh-tr.diabetesdietitians@nhs.net