

The Diet for Diabetes

Since launching our new diet coding earlier this year we are aware that a few customers are still confused about what the diet for people with diabetes should consist of.

We are sure most dietitians would agree that there is no such thing as one diet for diabetes anymore. Nowadays we have various approaches which range from carbohydrate counting for some of the most experienced people with diabetes to a more general approach where a moderate sugar diet is advised. For others who aren't eating well in the first place, the diet prescribed may be more lenient as the need to prevent malnutrition becomes the priority.

As a food manufacturer we can only repeat the best practice advice as recommended by Diabetes UK and the British Dietetic Association – individualised dietetic support will always be gold standard and a local dietitian should be consulted who knows the medical background of the service user with diabetes where available. Below we have outlined a simplified explanation of diabetes and current national dietary guidelines which you might find useful for staff training:

People with diabetes have problems keeping their blood sugar levels under control. Normally when a person without diabetes consumes food and drink, the pancreas produces insulin which chases after any sugar we've eaten and lowers the levels floating around in the blood. People with diabetes don't produce as much insulin (some don't produce any at all) or they produce insulin that doesn't work properly anymore. There can be serious implications when there's a lot of sugar in the blood - in the short term it makes people really tired, urinate a lot and become very thirsty. In the long term all these extra sugars floating around in the blood can cause serious damage to the heart, kidneys, eyes and nervous system.

Traditionally the advice to people with diabetes has been to follow a diet with limited sugar to stop their blood sugar levels from going too high. People with diabetes can also take tablets or inject insulin to keep sugars down but it is also really important to consume less sugar to start with - hence the 'low sugar' diet.

However, we now know a lot more about diabetes including:

1. Sugars in the form of table sugar/sweets/desserts, etc aren't the only things that raise blood sugar. Starchy foods like bread/potatoes/rice/pasta also end up raising blood sugar as they get broken down to sugars in the body once digested.

2. People with diabetes have a very high risk of heart disease and we now know that it will help reduce their risk if they follow a low fat diet (especially low saturated fat) as this will lower their cholesterol which is a big risk factor for having clogged arteries and a heart attack. We also know that a low salt diet will help reduce blood pressure which is another risk factor for heart disease.

So as well as following a 'low sugar' diet it is also prudent that people with diabetes have medium sized portions of starch at mealtimes PLUS it is even more sensible to follow a low fat and low salt diet for the rest of their lives.

To clarify – eating a lot of fat and salt **WON'T** raise blood sugars so if someone had occasional 'sausage & mash' or 'fish & chips' this will **NOT** raise their blood sugars out of control but if they had this kind of dish **ON A REGULAR BASIS** they will be increasing their risk of a heart attack and they are already at a higher risk of heart disease to start with simply from having diabetes.

Our old 'D = suitable for diabetes' diet code simply highlighted dishes that are low in added sugar. The old D diet code is still available on Real Time Technical should this be all you want to know.

Going forward however, it would be sensible to recommend dishes with our new 'Balanced Choice' (BC) diet code as the gold standard for people with diabetes as this highlights dishes that are not only low in added sugar but also low in fat (including saturated fat) and salt. This would be particularly advisable if you know a diabetic patient or client already has high blood cholesterol, high blood pressure or is overweight.

We must bear in mind a person with diabetes might not be concerned about their risk of future heart problems and they have a right to say they want to carry on eating higher fat and higher salt foods in the same way that a patient has the right to refuse drugs – but of course this would not be recommended. We also highlighted earlier that if a person with diabetes is at risk of malnutrition then the recommended diet may be relaxed and hence Balanced Choice dishes may not be ideal as they are generally lower in calories.

So in summary, the Balanced Choice diet code will not be appropriate or acceptable for **ALL** people with diabetes but it should be for **MOST**.

Part of the motivation for Tillery Valley making these changes was a call by Diabetes UK in February earlier this year asking all manufacturers to stop using the term 'diabetic' on foods:

"Labelling a food as 'diabetic' is unhelpful and misleading for the consumer and implies a health benefit. Some people might see it as a stamp of approval or even essential for people with diabetes. The reality is that 'diabetic' foods can be as high in fat and calories as standard products and run counter to current dietary recommendations of a healthy diet that is low in fat."

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– Company Dietitian for Tillery Valley Foods.



End of the Road for Donald

Donald Hoskin joined Tillery Valley from Cornwall Healthcare Trust at the start of our contract in 1995 when we began providing meals services previously supplied by the CPU based in Bodmin. His cheery personality and local knowledge of the area was a tremendous asset in those early days and certainly helped with the smooth transition of services. Now some 18 years later Donald has reached the end of the road and is looking forward to a well earned retirement.

Those familiar with Cornwall will know only too well that navigation of its notorious narrow lanes can be difficult even in the quieter times, however, when Cornwall was promoted as "best view point" for the eclipse of the sun in August 1999 it was generally thought that mayhem would follow. Always one for a challenge Don suggested doing his deliveries at night and with the client's agreement access was made available to all units. The revised delivery schedule worked like clockwork but added to Don's waistline as several of the units had left him a "Santa style" tray of comestibles and drinks to ensure he didn't go hungry or thirsty!



The cab of a delivery vehicle with its high driving position enabling the driver to see over the abundant hedge rows of Cornwall will seem to many of us used to driving on much busier and crowded roads to be the ideal job, and it's something Don says he will sadly miss.

Customers too have told us how much they will miss him and nominated him for our Employee of the Month award which he won.

In addition to our thanks for all his hard work and commitment the Client has personally thanked him for all his efforts and we all wish him the very best in his well deserved retirement.

Jonathon Hall, Don's successor has some big shoes to fill - good luck Jonathon.

Product Name Change

The dish name Vienna Steaks in Gravy (product code C/F2460) provides no clear indication of what the product is or what it contains and customers report that this frequently causes confusion on the ward with patients who aren't quite sure of what to expect. To avoid any future problems of this nature we have reformulated the dish to remove the minced beef and the new product - Pork Grillsteaks in Gravy will be based on a purely pork meat content.

The change will be visible to customers taking chilled product from the last week in September and to Ready Range customers shortly after. There is no change to the dietary coding of the dish and it remains suitable for those patients requiring an Energy Dense diet.

New Advice for Food Allergic Customers

The FSA's advice for people with food allergies has been updated, prior to new rules on allergen labelling being introduced. These new rules will apply from 13th December 2014.

New EU-wide regulations will mean allergens have to be emphasised within the ingredients list on food labels. Food manufacturers can choose what method they want to use to emphasise these, for example, by listing them in **bold**, CAPITALS, *italics*, underlined, or **highlighted**. You may have already started noticing differences in the way that allergenic ingredients are presented within the ingredients list of some prepacked foods as businesses prepare themselves for the change. Please note, the voluntary use of the current types of allergen boxes (such as "Contains nuts") that provide a short cut to allergen information will no longer be allowed. Hence, information about allergenic ingredients will be located in a single place, i.e. the ingredients list.

In addition, allergenic ingredients will have to be made available for non-prepacked as well as prepacked foods. This information could be written down on a chalk board or menu, or provided orally by a member of staff. Where the specific allergen information is not provided upfront, clear signposting of how this information could be obtained must be provided.

To help consumers understand these changes, the Food Standards Agency has reissued its advice for food allergic consumers, after working in collaboration with Allergy UK, the Anaphylaxis Campaign, British Dietetic Association, British Retail Consortium, British Nutrition Foundation, Coeliac UK, and the Food and Drink Federation.

A copy of the new guidance can be found at:

<http://www.food.gov.uk/multimedia/pdfs/publication/allergy-leaflet.pdf>

Award Winning Food Counts Group Invitation to their Annual Study Day with AGM

Making Mealtimes Better

Making mealtimes work at ward level and getting food eaten!

Date: Monday 25th November 2013

Venue: Lecture Theatre, UCL Institute of Neurology, 33, Queen's Sq. London, WC1N 3BG

Time: 10.15am – 5.00pm

Costs : Food Counts Members £10, Non Members £25

Speaker line up

- **Andy Jones** *Chair of the Hospital Caterers Association*
- **Caroline Lecko** *Patient Safety Lead NHS England speaking on ward level food service, including some practical applications from the new HCA Good Practice Guide to Ward Level Services*
- **Irene McClelland** *on effective use of volunteers*
- **Helen Ream** *to speak on PLACE*
- **Rick Wilson** *will chair the afternoon workshops*

For further details or to register, please contact:

Maxine Cartz : maxine.cartz@compass-group.co.uk

Kealth Foods are due to make changes to the composition and content of some of their mixed cases. For some they are not changing the meals that are featured within them but they are changing the numbers of each meal which are contained within the boxes. They are going to put more of the most popular dishes in and less of the slow movers to help catering managers manage their stock better. The cases affected are:

1. FS216-S12 Texture C Fish & Vegetarian Mixed Case - instead of being 3 of each meal there will be:

Fish Mornay (x 3)	Salmon & Cheese (x 5)	Pot, Bean & Veg Mornay (x 2)	Veg & Bean Casserole (x 2)
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2. FS316-S12 Texture D Fish & Vegetarian Mixed Case - instead of being 3 of each meal there will be:

Fish Mornay (x 2)	Salmon & Cheese (x 4)	Pot, Bean & Veg Mornay (x 4)	Veg & Bean Casserole (x 2)
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3. FS404-S12 Texture E Meat & Fish Mixed Case - instead of being 2 of each meal there will be:

Beef & Veg Casserole (x 2)	Corned Beef Hash (x 1)	Apricot Chicken (x 3)	Navarin of Lamb (x 3)	Tuna Bake (x 1)	Salmon Mornay (x 2)
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4. FS405-S12 Texture E Vegetarian Mixed Case - instead of being 3 of each meal there will be:

Pasta in Cheese Sauce (x 6)	Curried Lentils (x 2)	Potato Casserole (x 2)	Vegetable Curry (x 2)
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5. FS401-S12 Allergy Aware Meat Mixed Case - instead of being 3 of each meal there will be:

Beef & Veg Casserole (x 4)	Chicken Curry (x 2)	Roast Loin of Pork (x 4)	Corned Beef Hash (x 2)
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6. FS400-S12 Allergy Aware Fish & Vegetarian mixed case - instead of being 3 of each meal there will be:

Med Fish Stew (x 6)	Ratatouille (x 2)	Potato Casserole (x 2)	Vegetable Curry (x 2)
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For other mixed cases they are changing the meals contained within. The new compositions will be:

7. FS215-S12 Texture C Meat Mixed Case is now going to contain:

Carbonade of Beef (x 2)	Beef & Gravy (x 2)	Chicken Mornay (x 2)	Chicken in Tarragon (x 2)	Navarin of Lamb (x 2)	Pork & Thyme Casserole (x 2)
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8. FS315-S12 Texture D Meat Mixed Case is now going to contain:

Carbonade of Beef (x 2)	Beef & Gravy (x 2)	Chicken Mornay (x 2)	Chicken in Tarragon (x 2)	Navarin of Lamb (x 2)	Pork & Thyme Casserole (x 2)
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All of these changes will be introduced from 1st November. Please ensure you update your menus accordingly and if you need any assistance please ask your local catering consultant.

One positive new improvement is that Kealth Foods are going to introduce mixed cases of both small and large puree pies. They are also introducing mixed cases of hot and cold Texture C desserts. If you think any of these new mixed cases would be of use at your site can you please email julie.lardie@tilleryvalley.com and we will look into listing them in the future.

For clarification the texture B soup, halal, renal (low potassium and low sodium) and vegan mixed cases will remain unchanged.

One final note is that the following Texture C meal is being delisted from 1st November due to very poor sales:

FS266-S12 Texture C All Day Breakfast

If you have any additional feedback regarding any of the changes outlined please let us know.