

DIABETES balance

lite

DIABETES UK
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Football fitness guru
Ryland Morgans

GUT REACTION
Bacteria & diabetes

OFF THE MENU?
Processed meat &
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Celebrating our
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STUFF!**

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WINTER RECIPES

Plus!
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TAKING TABLETS
★ FOOD BANKS
& DIABETES
★ WINTER
FOOTCARE

LIFE STAGES

Diabetes & the golden years



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- The full version of *Diabetes Balance* delivered to your door or digital device every two months.
- Experienced counsellors available to provide confidential support and information on all aspect of diabetes.
- Financial and insurance products specifically for people with diabetes.
- Knowing that by supporting us you are helping fund research into the latest treatment for all types of diabetes.

Go to www.diabetes.org.uk
or call 0345 123 2399

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YOU CAN RECEIVE
DIABETES BALANCE FOR
YOUR MOBILE, TABLET OR
KINDLE. CALL 0345 123 2399
TO SWITCH OVER, OR
DOWNLOAD A FREE
SAMPLE NOW!



there's something for everyone in this issue!

PHOTO: CHARLOTTE HUNT



hello there

New year, new editor...

This year, we will be bringing you even more exciting healthy recipes to get your teeth into, inspirational stories, new special supplements and seasonal themes for each issue. As we go through the year, *Diabetes Balance* may land on the doormat at slightly different times as we tailor it to seasonal themes.

In this issue, we meet Liverpool and Wales' fitness guru, bring you the last in our Life Stages series, go behind the headlines on the processed meat scare and highlight some great winter recipes, alongside the latest news from Diabetes UK and your regular favourites. We love getting your wonderful letters, so please, do keep them coming.

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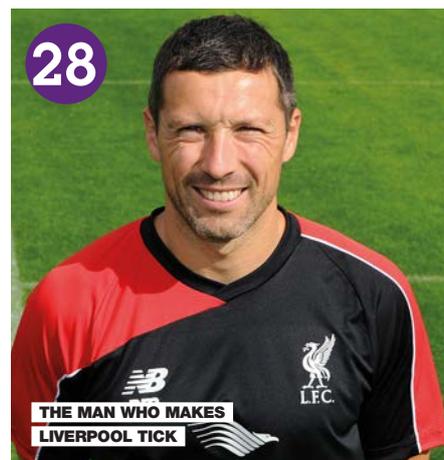
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NO NEED TO PANIC!

The facts, not fiction, on processed meat



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KEEP TAKING THE TABLETS

Our simple guide shows you how!



Still work to do...

We were founded in the 1930s "to promote...the proper treatment of diabetes". It was a big task. In those days, not everyone who needed it could get insulin.

We've come a long way since then but there is a lot more to do to make sure people with diabetes get the right care. That's why I recently met with the Chair of Parliament's powerful Public Accounts Committee, Meg Hillier MP, ahead of a key review she was leading. She spends her days scrutinising how public funds are spent, on projects as far ranging as national IT projects and defence spending.

And, last month, her focus was on how we need to do better in our spending on diabetes care and treatment. That's because people with diabetes do not get the right help to manage their condition, so too many people suffer serious complications. We spend far more on treating the complications than getting care right in the first place. Not enough people receive the basic checks or are helped to meet the targets for blood glucose, blood pressure and cholesterol. Diabetes education courses are provided at nothing like the level that is needed. When people are in hospital or have foot problems, obvious gaps in care have devastating consequences.

What is particularly striking are the big variations in diabetes services, depending on where you live. That's why I was pleased to be invited to play a lead role in new Government proposals to measure how well diabetes services are being planned and provided by each Clinical Commissioning Group. It is only by shining a light on those places where things are not going well that we can help them to improve services for people with diabetes locally.

In many ways in our work in England, we are learning from our teams in Scotland and Wales where we have been the NHS's closest partner in developing national plans that make a real difference. In Scotland, patients can now see their medical records, making it easier, for example, to find out their diabetes results. In Wales, there is new money, staff and investment to improve services for children with diabetes. Meanwhile, in Northern Ireland, we are getting close to having a clear plan that will drive real change.

But this is not all about reports, plans and meetings in Westminster. Those in power need to hear directly from people with diabetes. Please consider joining the thousands who have helped our campaign for improved education in how to live with diabetes, 'Taking Control'. We're calling on the NHS to have a plan to make sure that everyone with diabetes has the skills and confidence to manage their condition. Search for 'diabetes taking control' or go to www.diabetes.org.uk/taking-control. It seems extraordinary today that there was a time when people could not get insulin. Today it must be our ambition that very soon it will seem extraordinary that people with diabetes did not access the right level and type of education and information to manage their condition.



Chris Askew
Chief Executive, Diabetes UK

For more Diabetes UK news and research, see pages 6 and 61.

Not enough people are getting the basic checks

Here for you...

Diabetes UK gives you the support you need to make it easier to manage your diabetes

Diabetes UK Careline

The Careline is a dedicated service for people with diabetes, their friends, family and carers. Call **0345 123 2399***, 9am–7pm weekdays, or email careline@diabetes.org.uk or carelinescotland@diabetes.org.uk

NOW OPEN UNTIL 7PM

Talk to people with diabetes

The evening support service – talk to someone with diabetes – gives you the chance to chat through anything that's on your mind with a trained volunteer who has first-hand experience of living with diabetes. You can call **0843 353 8600****, 6pm–9pm Sunday–Friday, or, for more details or for other ways to get in touch, go to www.diabetes.org.uk/peer-support

Campaign

Diabetes UK campaigns hard for people living with diabetes, but can't do it without your help. Join Diabetes Voices, the network for people to help influence care.

www.diabetes.org.uk/voices

FIND SUPPORT...

0345 123 2399*

info@diabetes.org.uk

@DiabetesUK

www.diabetes.org.uk

www.facebook.com/diabetesuk

forum.diabetes.org.uk

* CALLS MAY BE RECORDED FOR TRAINING AND QUALITY PURPOSES. ** CALLS TO 0843 NUMBERS MAY BE FREE DEPENDING ON YOUR PHONE PACKAGE BUT WILL COST A MAXIMUM OF 7P PER MINUTE TO CALL PLUS YOUR NETWORK PROVIDER'S ACCESS CHARGES.

healthnotes

YOUR
LIFE WITH
DIABETES

Golden years

In the third and final part of our series on the different challenges Type 1 and Type 2 diabetes bring over the years, we look at how best to cope with the condition as you head towards retirement and into older age

PHOTOS: THINKSTOCK

Life may take on a different pace as you reach 60 and start to plan for your retirement and older age, or it could be as hectic as ever – helping out with grandchildren, continuing to work hard in an existing job or new-found career, or taking more time out to pursue leisure activities. Although, as with other stages in your life, you may encounter some new and difficult challenges. Being prepared will help you face them with greater confidence.

KEEP WELL

As you move into retirement and later years, diabetes may become just one of many long-term conditions you're living with, requiring a juggling act of medication and self-management to make sure you keep well. As you have done throughout your life, since you were first diagnosed with either Type 1

or Type 2 diabetes, managing your blood glucose levels (also called blood sugar levels) is key to helping you reduce your risk of complications and maintain a good quality of life.

● **Food for thought.** You're likely to be well aware of how different food choices can affect your blood sugar levels. But, at this stage in your life, you may need to factor in a change to your eating patterns as you cope with a new routine after retirement, or find yourself living with other health conditions that affect what you eat, such as chewing or swallowing difficulties, or problems affecting your digestion.

If you find yourself gaining or losing weight unintentionally, it's worth seeing your GP or diabetes healthcare team to rule out any other health issues.

● **Keeping health in check.** The longer you have diabetes, the higher

the chance of complications cropping up. It's important to attend your appointments and annual reviews, so that you're clear about what you should be doing to keep your diabetes on track. See 'Further information', page 21, for more on the 15 Healthcare Essentials,

the vital health checks and services everyone with diabetes – be it Type 1 or Type 2 – should receive.

Attending regular dental check-ups, plus getting advice from a dietitian, or speech therapist if you're experiencing swallowing difficulties, can help you manage your diabetes and →



Life in your 60s can be as hectic as ever



HOW TO...

COPE WITH SWALLOWING TABLETS

Some people find swallowing tablets really difficult, with pills getting stuck in the back

of their throat causing panic and fear of choking. For others, dysphagia (difficulty swallowing) can result from a stroke or other physical problem. Here, we give you top tips on making swallowing easier.

1 Make sure your mouth is moist. A dry mouth makes swallowing harder, so have a few sips of water.

2 Put the pill in the centre of your tongue, and if it's oval-shaped, put it lengthways along your tongue.

3 Have a mouthful of water straight away to wash the pill towards

your throat.

4 You're often advised to throw your head back when trying to swallow a tablet. But recent research suggests that leaning your head forward might work better, especially if you're taking capsules.

5 Hold water in your mouth before carefully inserting the pill – suspending the pill in water may help to flush it down.

6 Try using a straw to drink the water (the suction may help).

7 Take a deep breath – this can help stop you gagging.

8 Try chewing some food

before putting the pill in your mouth, and swallow the food and pill together.

9 After swallowing the pill, follow it up with a little food to help it go down.

10 Don't open capsules or crush tablets without checking with your doctor or nurse first – this can mean that the dose is absorbed too quickly, which could result in unpleasant side effects.

Finally, if you're really struggling with swallowing tablets, ask your doctor or pharmacist if your medication is available in liquid form.

keep your blood sugar levels on target.

● **Money matters.** Giving up work and starting to rely on your pension may have an impact on how much money you spend on food. Eating well is important for your health and diabetes management. It's a good idea to get financial or other benefits advice. If you're unsure where to start, Age UK has a full range of guides and fact sheets to help you as you face the challenges of later life, including coping with money matters – see 'Further information', page 21.



Staying active can help control your blood sugar levels

STAY ACTIVE Whatever your age, keeping physically active has many benefits – helping to control your blood sugar levels and weight, as well as feeling better physically and emotionally. As you get older, you may find it less easy to be as physically active, but being active doesn't have to mean going to the gym or taking up a sport. Everyday activities, such as walking rather than driving, taking the stairs rather than the lift, housework and gardening are all good ways to help you get fit.

Physical education

Retirement can provide



Eating well is key to keeping your diabetes on track

opportunities for new activities. Regular aerobic activity like walking or swimming helps improve cardiovascular health, by lowering high blood pressure and improving cholesterol levels, and can help your insulin work better.

Maintaining some physical activity and movement can help you to both hold on to the mobility you have and even increase it, so that further disability isn't inevitable. If you have another long-term condition alongside diabetes that limits your mobility, your healthcare team or GP will be able to advise you on activities you may be able to manage, as well as local groups and classes, or refer you to physiotherapy.

MANAGE YOUR MEDS

As you get older, you may find yourself taking several medicines for different conditions. You may also be under the care of a number of doctors. Problems may arise with taking medication if you have memory issues, as well as problems with your sight or limited use of your hands.

● **It's good to talk.** If

you're having difficulty taking medication as directed, talk to your local pharmacist or your GP as they may be able to simplify it.

● **Get organised.**

Some medicines are available in combination forms (two medications in one tablet) or it may help to have a pill organiser made up with all the tablets ready prepared for you to take. Some insulins are available in devices that are easier to manage or clearer to see. For more about dementia and diabetes, see 'Further information', page 21.

● **Family affair.** As you age, dementia or memory issues can result in forgotten or duplicated medication, which

You may be advised to relax your targets

can result in high or low blood sugar levels. Including family and friends in your diabetes management can be helpful if, at some time in the future, you need support with things you have always done for yourself, like blood glucose testing (also called blood sugar testing) or injecting.

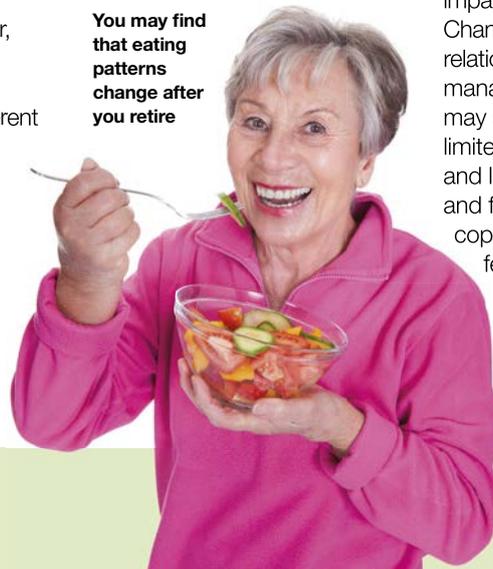
● **On target?** Not everyone with diabetes checks their blood sugar at home, but if you do, as you get older, you may be advised to relax the targets you've had for a long time, which can feel strange. Hypos or low blood sugar levels can cause falls and the older you get, the less likely you are to get hypo symptoms. You may be particularly at risk if you are frail or live alone. For this reason,

regularly checking your blood sugar levels is important to keep an eye on them. This will vary from person to person, so your healthcare team will be able to advise you on the most appropriate blood sugar targets.

LIFE SUPPORT

Older age is a time associated with life-changing events. Your own or a partner's retirement, downsizing or moving house can have a big impact on your emotions. Changed roles and relationships, as well as managing on a pension, say, may coincide with increasingly limited mobility. Bereavement and loss of family members and friends can also test your coping skills, making you feel more lonely.

Depression is more common in those with long-term conditions, but may go unnoticed in older people with



You may find that eating patterns change after you retire

complex health problems. Anything that affects your mental wellbeing may affect your ability to successfully manage your own diabetes.

It's important to check your blood sugar levels regularly



Simple tests are available from your GP to screen for depression. Recognising these issues at an early stage can help limit their longer-term impact, so it's important to seek help if you feel you might be experiencing signs of depression, such as disrupted sleep, fatigue, irritability or finding it increasingly difficult to look after yourself and manage your diabetes.

Home from home

Life challenges as you grow older may make remaining in your own home impractical and the time may come when you need to look for a suitable care home for yourself or a loved one. There may be some important aspects of diabetes care to consider when choosing a care home, so it's worth thinking about the questions to ask when looking at the options, such as whether the staff are trained in diabetes and able to help you manage it if necessary. See 'Further information', below, for where to get advice on choosing a care home and what to consider if you have diabetes.

On course

Everyone with diabetes in the UK should be offered the opportunity to attend a diabetes education course, such as Dose Adjustment for Normal Eating (DAFNE) for adults with Type 1, and either DESMOND or X-PERT Diabetes Programme for adults with Type 2 diabetes. Other courses may be available locally – ask your healthcare team or GP. It's never too late to learn more about your diabetes – it may be that retirement gives you the time to attend a course if you have previously found this difficult. Group courses also give you the chance to meet other people with diabetes. See 'Further information,' below.

FURTHER INFORMATION

- For more on the 15 Healthcare Essentials, the minimum level of healthcare that everyone with diabetes should expect, go to www.diabetes.org.uk/15-essentials
- Age UK has a full range of free information guides and fact sheets,

- covering money matters, such as benefits, care homes, and health and wellbeing in later life. Go to www.ageuk.org.uk/publications or to speak to an Age UK advisor, call 0800 169 6565.
- For more about dementia and diabetes, go to

- www.diabetes.org.uk/older-people-diabetes
- For what to look for when choosing a care home, go to www.diabetes.org.uk/carehomes
- For more on diabetes education courses, go to www.diabetes.org.uk/diabetes-education

Daily winter footcare

SPOTLIGHT ON...

Cold, wet weather can sometimes lead to poorer circulation, damp skin and numbness, which can increase the chance of foot problems. Follow our tips for happy winter feet...

Pick the right footwear

Whether you're going for long winter walks or splashing in puddles with the kids, it's important to pick shoes and socks that fit well to protect your feet. Avoid socks with prominent seams and elasticated tops.

Warming up

Be careful when warming your feet with heaters or electric blankets, and always check how hot water is before you put your feet in it. If you burn your feet, seek medical help straight away. The 'Touch the toes test' (see 'Further information', right) can help you find out if you are losing sensation in your feet.

appointments, including your annual foot check.

Tips for daily footcare

- Check your feet daily for any signs of redness, breaks in the skin, pain, build-up of hard skin or changes in the shape of your feet. These could be warning signs of early foot problems, so tell your doctor straight away.
- Wash and dry your feet every day – especially between the toes. Don't soak them in hot water as this can increase the risk of damage.
- Moisturise every day, but not in between the toes (this can make infections more likely).
- Check your shoes daily for anything that may rub.
- Use nail clippers to cut your nails straight across, taking care not to cut them too short.
- Don't use corn-removing plasters or blades as these can damage healthy skin.

FURTHER INFORMATION

- For more on everyday footcare, including how to assess how sensitive your feet are using the 'Touch the toes test', go to www.diabetes.org.uk/feet-care
- For more on footcare, go to www.diabetes.org.uk/putting-feet-first to download *10 Steps to Healthy Feet*.

Know the basics

Healthy feet start with good control of your blood sugar, blood pressure and cholesterol levels. It's important to have a healthy diet, exercise regularly, maintain a healthy weight and quit smoking if you smoke, as well as take your medication. You should also attend all

Ask the experts

AMPUTATION SUPPORT

After years of neglecting my foot checks, I'm now facing amputation of my lower leg. My healthcare team has given me all the information I could want, but who can help me with the sadness I feel, the anger knowing I could have prevented it, and the guilt that my husband will have to look after me? Who can I talk to?

Shirley, Bristol

Lucy says...

I'm so sorry you find yourself needing an amputation. The loss of a limb is a very tough change to come to terms with emotionally. The physical change is an obvious one, but the many other feelings you experience are easily forgotten by others. Support with this should form part of the care provided by your medical team.

If you haven't already, speak to your doctor about how you're feeling and ask for some help with managing all the emotions you're struggling with now. It may also be good to have a discussion about the emotional support you can expect after the amputation and even further down the road. When you've adapted to the physical change, you may still need support dealing with the emotional strain of

such a life-changing operation.

You can also contact Diabetes UK Careline for support, and you might find it useful to speak to the Limbless Association, too.

- **The Limbless Association:** www.limbless-association.org
- **Diabetes UK Careline:** 0345 123 2399*, 9am–7pm weekdays.

DESK DISCRIMINATION

I had an upsetting experience at work recently when a colleague said how disgusting it was to see me inject insulin at my desk. I was trying to do it discreetly, but he said I should have gone elsewhere and has made a complaint to our manager. What can I do?

Kathy, Liverpool

Tracy says...

We're sorry to hear this has happened and can understand why

you're feeling upset about it. It's not usually considered unreasonable for an employer to allow an employee to inject insulin as it can be done discreetly. But, if others don't understand diabetes, it may cause problems.

We hope your manager understands that there will be times when you need to inject and will support you if a colleague makes a complaint about you. Diabetes awareness training days can help to educate people about diabetes, which can lead to more acceptance in the workplace.

Your manager should also be aware of the Equality Act 2010 – a law designed to stop discrimination against disabled people, which covers medical conditions like diabetes. Under this law, employers should make reasonable adjustments to the working environment to ensure people are not discriminated against.

- For Diabetes UK's advocacy pack, 'Employment and diabetes – your rights at work', go to www.diabetes.org.uk/employment-advocacy-pack
- For more on Diabetes awareness training days, go to www.diabetes.org.uk/workplace-aware-days



Tracy
Head of Care



Libby
Paediatric diabetes specialist nurse



Lucy
Therapist & counsellor



Dougie
Dietitian

DIABETES UK CARELINE

To speak to a trained counsellor, call 0345 123 2399**, Monday to Friday, 9am to 7pm, or email careline@diabetes.org.uk

HEALTH MATTER ON YOUR MIND?
*Write to 'Ask the experts', Diabetes Balance, Diabetes UK, 10 Parkway, London NW1 7AA.

* PLEASE NOTE: THE EXPERTS' CANNOT TAKE PHONE CALLS. ** CALLS MAY BE RECORDED FOR TRAINING AND QUALITY PURPOSES.

PRODUCT WATCH TEXT: SUE MARSHALL

Product watch...

ADVANCED HELP FOR INJECTING

i-Port Advance is a small injection port worn on the body that users inject into, instead of directly into the skin. Worn for three days at a time, it is suitable for both adults and children, and can be used with insulin pens or disposable syringes.

01923 212213; www.medtronic-diabetes.co.uk



GET A SOFT GRIP

Ideal if you suffer from bad circulation or swollen legs, ankles or feet, Gentle Grip socks from the Sock Shop have a special design that avoids pressurising sensitive skin with tight elastic rings. Marketed as 'diabetic socks', their honeycomb top holds without elastic, moulding to the contours of your leg.

www.sockshop.co.uk; from £5.99



PUMP IT UP!

The Cellnovo system integrates micro-pump technology with a discrete, tubeless and wearable device that captures blood sugar readings, food intake, bolus calculations and activity levels. It also gives you instant access data, which is automatically sent to an online platform.

0203 058 1250; www.cellnovo.com



delicious

winter winners ★ bite-sized ★ processed meat: the facts



JAZZ UP YOUR VEG!

Sweet potato

Mashed, boiled, roasted or baked, sweet potatoes are quite possibly one of the most versatile vegetables around.

Once considered an exotic vegetable, sweet potatoes have grown in popularity in recent years, becoming an everyday staple – so much so that they were grown in Britain for the first time last year.

Packed with fibre, vitamins A, C and B6, this vegetable is also rich in beta-carotene – a nutrient that helps to keep your immune system and skin healthy, and helps promote good vision.

With their delicious sweet flavour and creamy texture, sweet potatoes are perfect mashed or in soups, curries and risotto. Or, simply roast them with beetroot, carrots and smoked paprika...

Try this: **Paprika roast roots**

Serves 6 ● 48p per serving ● 2½ portions of fruit & veg per serving ● gluten free ● dairy free ● vegan

Place 500g cubed fresh beetroot, 300g carrot chunks and 500g cubed sweet potato in a bowl. Add juice ½ lemon and 3 tsp

smoked paprika and mix well, so all the vegetables are well coated.

Next, oil a large baking tray with 2 tsp rapeseed oil, then lay out the vegetables evenly. Bake at 180°C/gas 5 for 30–35 minutes, mixing a couple of times to make sure the vegetables cook evenly.

Per serving (221g): 122Kcal / 3.5g protein / 23g carbs (● 15.4g sugars) / ● 1.6g fat (● 0.2g saturates) / ● 0.2g salt



PAPRIKA ROAST ROOTS

CHEF'S TIPS: **1** Try roasting other vegetables like swede, ordinary potatoes, butternut squash or large chunks of onion. **2** Just before serving, add a handful of freshly chopped herbs, such as coriander, parsley, chives or mint.

Winter winners

Leave the chill at the door with these warming recipes that put a healthier twist on classic winter favourites



CARB COUNTING?
The carb values of these meals relate to the total amount of carbs from all ingredients. If you are carb counting, you may not need to include them all in calculating your insulin dose. Speak to your healthcare team if you're unsure.

RECIPES: LYNDON GEE PHOTOS: GARETH SAMBIDGE

85p per serving

Chilli con carne

Serves 8 • gluten free • 3½ portions of fruit & veg per serving • prep: 15 minutes • cook: 35 minutes

- 1 tsp sunflower oil
- 2 onions (200g), finely chopped
- 500g minced beef
- 250g mushrooms, sliced
- 1 red pepper (120g), finely chopped
- 1 yellow pepper (120g), finely chopped
- 1 courgette (100g), diced
- 4 cloves garlic, crushed
- 1–2 tsp chilli powder (hot or mild as you prefer)
- 2 tsp oregano

- 2 tsp cumin
- 2 x 400g tins chopped tomatoes
- 1 x 390g tin lentils (236g drained and rinsed)
- 1 x 400g tin kidney beans (240g drained and rinsed)
- 25g dark plain chocolate (70% cocoa solids)

1 Add the oil to a large pan, then add the onions and cook for 3–4 minutes until just starting to brown.

2 Add the minced beef and cook for 5–7 minutes (or until cooked thoroughly), breaking up any clumps with a wooden spoon.

3 Add the mushrooms, peppers, courgette and garlic. Cook for a further 7–8 minutes, stirring regularly until they soften.

4 Stir in the chilli, oregano, cumin and tomatoes, then cover with a lid and simmer gently for 10 minutes,

stirring occasionally.

5 Add the lentils and beans, and mix well. Cover and simmer for a further 5 minutes.

6 Stir in the chocolate until melted. Serve with salad.

Per serving (328g)*

258Kcal – 16.2g protein – 18.8g carbs (● 6.7g sugars)
– ● 11.3g fat (● 4.4g saturates)
– ● 0.2g salt

*serving suggestion not included

Beef stew & dumplings

Serves 6 • 2 portions of fruit & veg per serving • prep: 25 minutes • cook: approx 2 hours

- 1 tsp sunflower oil
- 500g lean beef, cubed
- 300g onions, chopped
- 300g carrots, chopped
- 1 stick celery (60g), sliced
- 250g mushrooms, sliced
- 300g potatoes, diced
- 1 tbsp plain flour
- 1 low-salt stock cube (beef or vegetable) dissolved in 1.5l boiling water

For the dumplings

- 200g wholemeal flour
- 1 tsp baking powder
- good pinch white pepper
- 1 tsp dried thyme
- 1 tbsp chopped fresh parsley
- 100ml semi-skimmed milk
- 1 tsp olive oil

1 Preheat the oven to 180°C/gas 4. Add the oil to a large pan, and after 2–3 minutes add the beef. Stir for 2 minutes, then once the meat has sealed, add the onions, carrots, celery and mushrooms, and cook for 3–4 minutes.



2 Add the potatoes and sprinkle the flour over the dish, coating the beef and vegetables evenly.

3 Gradually pour in the stock, stirring constantly. Simmer for 2–3 minutes until it thickens.

4 Remove from heat and place in an ovenproof dish, cover and cook in the oven for 1¼ hours.

5 After the stew has been cooking for 1 hour, make the dumplings: Add the flour, baking powder, pepper, thyme and parsley to a bowl, then gradually stir in the milk, mixing well to form a soft dough. So the dough doesn't stick, use the olive oil to oil your hands, then roll the dough into six balls and set aside.

6 Place the dumplings on top of the stew and cook uncovered for 15–20 minutes until they are cooked with a light crust, but still soft.

Per serving (589g)

304Kcal – 28.6g protein – 30.3g carbs (● 7.2g sugars)
– ● 5.7g fat (● 1.5g saturates)
– ● 1g salt



Rich fruit cake

16p per serving

Serves 12 • dairy free • vegetarian • 1 portion of fruit & veg per serving • prep: 20 minutes • cook: 1½ hours

- 75g sultanas
- 100g raisins
- 25g candied peel
- 100ml boiling water
- 1 banana (100g), mashed
- 2 eggs, beaten
- 75ml rapeseed oil
- 1 courgette (200g), grated
- 1 apple (100g), grated
- 1 carrot (80g), finely grated
- 150g wholemeal flour
- 1 tsp baking powder
- 3 tsp mixed spice
- 6 glacé cherries, halved
- 20g whole, blanched almonds

1 Preheat the oven to 170°C/gas 3. Add the sultanas, raisins and peel to a bowl, cover with the boiling water and set aside.

2 Mix together the mashed banana, eggs and oil in a large bowl, and beat well.

3 Mix in the courgette, apple and carrot, then stir in the flour, baking powder and mixed spice. Next, add the dried fruit, plus soaking water.

4 Mix well and put into a 20cm cake tin lined with baking parchment, top with the

cherries and almonds. Cover with foil and bake in the oven for 1½ hours. Remove the foil 15–20 minutes before the end of the cooking time, then bake for the remainder of the time.

5 Test with a skewer or knife, which should come out clean when cooked, and remove from the oven.

Per serving (97g)

- 197Kcal – 3.9g protein
- 24.8g carbs (● 4.3g sugars)
- ● 8.4g fat (● 0.8g saturates)
- ● 0.2g salt

Chef's tips

- You could easily make this cake with gluten-free flour, but you may need to add an extra 50ml liquid, depending on the type of flour you choose.
- Any dried fruits work well – prunes, apricots, currants or mixed fruit.
- Once cooked, you can drizzle with 1 tsp runny honey, if preferred.



45p per serving

French onion soup

Serves 4 • vegetarian • 4 portions of fruit & veg per serving • prep: 15 minutes • cook: 45 minutes

- 3 tsp sunflower oil
- 1kg onions, finely chopped
- 400g sweet potatoes (cut into 12 wedges)
- 1 low-salt vegetable stock cube, dissolved in 800ml boiling water
- 4 slices wholemeal bread (30g per slice)
- 20g reduced-fat mature Cheddar cheese
- 20g mozzarella
- 1 tbsp fresh parsley, finely chopped, plus extra to serve
- good pinch pepper
- 1 tsp low-salt soy sauce

1 Preheat the oven to 190°C/gas 5.

2 Add 2 tsp of the oil to a saucepan, then add the onions and cook over a very low heat for 30–40 minutes, stirring regularly so that the onions caramelize.

3 While the onions are caramelising, put the remaining oil onto a baking sheet. Add the potatoes and muddle around until they are coated, then bake in the oven for 30–40 minutes.

4 Add the stock to the onions, bring to the boil and simmer for 5 minutes.

5 Meanwhile, to make the cheesy croutons: Cut each slice of bread in half and grill, then turn over and top each

with the Cheddar cheese and mozzarella, and grill again until the cheese melts and browns. Alternatively, you can put the cheese-topped bread on a baking sheet and cook in the oven for 5–10 minutes.

6 Stir the parsley, pepper and soy sauce through the soup, then place into four bowls. Serve with cheesy croutons and a sprinkling of fresh parsley on top, and the potato wedges on the side.

Per serving (590g)

287Kcal – 7.9g protein
– 54.8g carbs (● 23g sugars)
– 5.8g fat (● 1.3g saturates)
– 0.9g salt

Processed & red meat

★ If you're worried about how much processed and red meat you eat, try the following: Use chicken, turkey, Quorn or soya sausages in the Bangers 'n' mash recipe. For the Chilli con carne recipe, turkey, chicken, Quorn or soya mince would work well, instead. You could also substitute some of the meat for beans in the Beef stew & dumplings, and Chilli con carne recipes.

★ Red meat, such as beef, lamb and pork, can form part of a healthy diet, but eating a lot of it has been shown to probably increase your cancer risk. Eating a lot of processed meat, like bacon, ham and sausages, has been found to increase your cancer risk. Turn to page 44 for more about red and processed meat.

Traffic light symbols



high
medium
low

Traffic lights for these recipes are determined by the whole portion size. Comparison of the traffic lights for different recipes should be based on 100g of each portion.

Bangers 'n' mash

Serves 4 • 4½ portions of fruit & veg per serving • prep: 15 minutes • cook: approx 30 minutes

- 200g potatoes, peeled and roughly chopped
- 400g sweet potatoes, peeled and roughly chopped
- 1 tsp olive oil
- 3 onions (300g), chopped
- 8 good quality reduced-fat sausages (45g each)
- 160g button mushrooms
- 350g carrots
- 350g broccoli
- 350g frozen peas
- 1 low-salt vegetable stock cube
- 1 heaped tbsp plain flour

1 Add the potatoes to a pan of boiling water, then – after 2–3 minutes – add the sweet potatoes.

2 Add the oil to another pan, then throw in the onions and cook over a low heat for 15 minutes, stirring regularly so they caramelise.

3 At the same time, grill the sausages on a rack under a moderate heat for 12–14 minutes, turning regularly to cook evenly. After 8 minutes, place the mushrooms under the grill and cook for 4 minutes,

turning to cook each side.

4 Meanwhile, cook the carrots and broccoli in boiling water for 10 minutes. Add the peas and bring back to the boil. When cooked, drain the cooking water into a jug and add a stock cube to it, topping up to 500ml with boiling water if there isn't enough liquid.

5 Mash the potatoes and set aside.

6 To make the gravy, add the flour to the onions and mix until coated. Gradually pour in the stock, stirring constantly,

and bring back to a gentle boil until the gravy thickens. Divide everything between four plates and serve.

Per serving (671g)

520Kcal – 32g protein –
54.4g carbs (● 17.6g sugars)
– ● 15.3g fat (● 4.8g saturates)
– ● 1.3g salt



£1.16 per serving

bite-sized

Foodie news, simple switches & seasonal favourites

Salmon in broccoli & leek sauce



Serves 4 • £1.26 per serving • 1½ portions of fruit & veg per serving

Dissolve 1 low-salt fish stock cube in 200ml boiling water, then place in a large pan. Add 320g broccoli florets and 150g

chopped leeks. Simmer gently for 7–8 minutes, then stir in 175ml semi-skimmed milk and bring to a simmer.

Meanwhile, dissolve 1 tbsp cornflour in 25ml semi-skimmed milk, then add this mixture to the pan, stirring until

it starts to thicken.

Next, stir in 1 tsp Dijon mustard, a good pinch white pepper and 15g Parmesan cheese. Add 400g cubed salmon, cover and cook for 3–4 minutes, or until the fish is just cooked through.

Carefully stir in 1 tbsp reduced-fat cream cheese and 10g chopped parsley. Finish the dish with a sprinkle of chopped parsley and serve.

Per serving (294g):
274Kcal – 30.1g protein
– 6.4g carbs (• 3.4g sugars) – • 13.4g fat (• 3.6g saturates)
– • 1.2g salt

Waste not, want not

The average family in the UK is throwing away a staggering £700 worth of food a year, but more than half of this is food or drink we could have eaten.

The figures, from campaign group Love Food Hate Waste, reveal that the nation is wasting seven million tonnes of food a year from our households alone.

Fruit and vegetables, bakery goods and drinks are the most common culprits to end up in our dustbins, and add up to around £60 of waste a month per household.

However, making a few changes to your shopping and cooking habits could make a huge difference to your food waste – and your shopping bill:

Plan ahead – write a list of all the meals you plan to have each week, so you only buy what you need. You'll spend less, too.

Take leftovers for lunch or put them in the freezer and save them for another meal.

Don't be tempted by buy one, get one free (BOGOF) offers on fresh food – unless you're sure that you'll use them up.

Think twice before you throw away stale bread – it's great for breadcrumbs – while vegetable peelings will add flavour to soups.

Best-before dates are about quality, not safety. When the date has passed, it doesn't mean that the food will be harmful, but it may begin to lose its flavour and texture. It's safe to eat eggs after the best-before date as long as they're

cooked until both the yolk and white are solid, or if they're used in dishes where they'll be fully cooked.

Food that goes off quickly, like smoked fish, meat and ready prepared salad, have use-by dates. Don't eat food or drink when it has passed its use-by date, even if it looks or smells fine, as it could make you unwell.

FOOD NEWS

Twice as nice

Made from fresh cauliflower grains, Cauli Rice (250g) is a low-carb alternative to potatoes, rice or pasta. Available in four flavours – Original, Lemongrass & Chilli, Mediterranean and Indian Pilau – which are all low in salt, fat and sugar, it can be microwave cooked in just 2½ minutes, making it ideal for when you're in a rush. It counts as one of your five a day. Find them at Tesco, Holland & Barrett and Ocado (£1.99).



FOODIE
EVENTS

Smooth operator

It's the perfect time of year for soup – and this hand blender from Braun will help you to achieve super smooth results. This gadget works at the touch of a button, allowing you to create finely and evenly blended ingredients. Forget complicated cleaning, too, as its attachments are dishwasher safe.

TO WIN* one of five Braun blenders, send your name and address via email to balancecomp@diabetes.org.uk quoting 'Blender giveaway', or on a postcard or sealed envelope to: **Blender giveaway, Diabetes Balance, 10 Parkway, London NW1 7AA.** Entries must be received by 15 February 2016.



GIVEAWAY!

Dates for your diary

8 February CHINESE NEW YEAR

Welcome in the Year of the Monkey with events taking place all over the UK – and the world – including a parade in Central London on 14 February, which will be one of the biggest festivities to take place outside Asia. www.chinatownlondon.org

27–28 February VEGFESTUK BRIGHTON

One of Europe's most popular vegan festivals, VegfestUK is a celebration of all things vegan, with more than 200 stalls selling food, clothes and body care. There are also cooking demos, talks on nutrition and health, an animal rights forum, live music and comedy shows. Advance tickets cost £7 for one day or £10 for the weekend (plus fees). Under 16s go free**. <http://brighton.vegfest.co.uk>

12 March LEEDS GLUTEN FREE FOOD FAIR, LEEDS

Coeliac UK's Leeds group is back with its annual gluten-free fair. An opportunity to meet others following a gluten-free diet, the fair will feature food suppliers and manufacturers, and a gluten-free café. Tickets cost £1 on the door. Under 16s go free**. www.coeliac.org.uk/local-groups/leeds

19–20 March THE ALLERGY & FREE FROM SHOW SCOTLAND, GLASGOW

Ideal if you live with allergies, intolerances, eczema or coeliac disease, this show is packed full of food, drink, skin/hair care and household items, as well as cooking classes and talks. One-day tickets cost £7.50; under 16s go free**. www.allergyshow.co.uk/scotland



TOM KERRIDGE WILL BE AT THE BBC GOOD FOOD SHOW SPRING

8–10 April THE BBC GOOD FOOD SHOW SPRING, HARROGATE

Launching in 2016, this show is every foodie's dream – a chance to browse, taste and buy products from food and drink producers, see the latest gadgets, and watch live cookery demos from chefs Tom Kerridge, Michel Roux Jr, Paul Hollywood and James Martin. Chefs will also take part in book signings. Advance tickets start at £18.50 (concessions available). Under 5s go free**. www.bbcgoodfoodshowspring.com

**FOR FULL DETAILS, CHECK WITH VENUE.

Love Your Leftovers

Hugh Fearnley-Whittingstall (Bloomsbury, RRP £20, hardback)

If you saw Hugh Fearnley-Whittingstall's TV series, *Hugh's War on Waste*, it probably made you think

twice about throwing away unwanted vegetable peelings or a loaf of bread that's a bit stale. As the chef set out in his two-part series, the food we throw out every year not only wastes money, but also puts pressure on the environment.

In his new cookbook to accompany the series, Hugh is on a mission to stop us throwing away our leftovers. Made up of

more than 100 recipes, *Love Your Leftovers* shows us how to make meals out of ingredients that would otherwise find themselves forgotten in the fridge or the bin.

Split into sections, including meat, fish, greens and salads, the recipes draw from world cuisine, showing you how to transform, for instance, potato peelings into soup and leftover meat into chilli beef noodles. There are also tips and swaps if you don't have the exact ingredients.

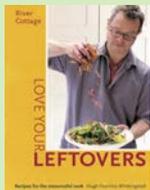
Armed with this book, you'll never have an excuse to get rid of leftovers again.

BOOKS
FOR
COOKS

★ Win a copy of *Love Your Leftovers*

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*TERMS AND CONDITIONS: 1. OPEN TO UK RESIDENTS AGED 18 AND OVER, EXCEPT EMPLOYEES (AND THEIR FAMILIES) OF DIABETES UK AND ANY OTHER ASSOCIATED COMPANY. 2. WINNERS WILL BE DRAWN AT RANDOM ON 22 FEBRUARY 2016. 3. PRIZES ARE AS OFFERED. NO CASH ALTERNATIVES. SUBJECT TO AVAILABILITY. 4. WINNERS WILL BE NOTIFIED BY POST OR EMAIL WITHIN 28 DAYS OF THE CLOSING DATE. 5. ENTRIES RECEIVED AFTER CLOSING DATE WILL NOT BE CONSIDERED.

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In our next issue

DIVING IN OUR NEW EDITOR HITS THE POOL FOR SWIM 22



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* In this offer, CONTOUR NEXT meters are free to the first 50 responses directly via www.diabetes.bayer.co.uk/1115CN-BAL and the first 50 responses by post. OR to anyone with a CONTOUR, CONTOUR USB, CONTOUR LINK meter, BREEZE 2 meter who responds to this offer by 1 May 2016. Subject to availability. Only one meter from the CONTOUR NEXT range* of blood glucose meters can be supplied to an individual in each consecutive 18-month period.

† CONTOUR XT, CONTOUR NEXT, CONTOUR NEXT USB, CONTOUR NEXT LINK, CONTOUR NEXT LINK 2.4.



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†OneTouch Verio® Test Strips are manufactured in the UK

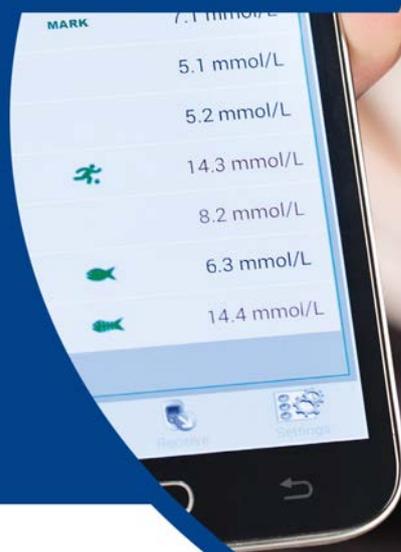
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Sue has type 2 diabetes



Getting the balance right

Germany's No.1 Meal Replacement not only contributes to weight loss but can also help people with Type 2 diabetes lose weight.

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HELPFUL ADVICE

Please consult your healthcare professional before starting any weight loss programme such as Almased. Almased is a meal replacement which can be used to replace up to two of your daily meals. Depending on how your diabetes is treated, you may require support:

- to start checking your blood glucose levels/ to check them more regularly
- to make changes to your medications

Balanced blood sugars

Almased is a reduced calorie, high-protein formula which can help promote healthy and sustainable weight loss. The manufacturing process of Almased results in a high proportion of plant based protein and a product which has a low glycaemic index (27) and an extremely low glycaemic load (4). Foods with such low GI and GL are slowly absorbed and ensure blood glucose levels are only raised slightly. Additionally, research into low GI diets has shown some benefits in long-term blood glucose levels in people with Type 2 diabetes.

Sweet success

Type 2 diabetes is a metabolic disorder that commonly occurs in overweight people. Other factors such as age, ethnicity and family history also increase people's risk. The condition develops when the pancreas doesn't produce enough insulin or when the insulin it produces doesn't work effectively (known as insulin resistance). Today between 80 and 90 per cent of people with diabetes are overweight and approximately 60-90 per cent of Type 2 diabetes is obesity related; therefore weight management should be the primary nutritional strategy in managing glucose control. Results from clinical testing found that people with Type 2 diabetes who replaced one daily meal with Almased experienced weight loss. As a result of such weight loss, there were improvements in fasting blood sugar levels, fasting insulin and long-term blood sugar levels².

'Incorporating Almased into a balanced diet can help with weight loss and subsequently, glycaemic control'

For many people living with Type 2 diabetes, Almased, combined with a balanced diet and regular exercise, can help with your weight loss goal. You can replace any meal, by mixing 50g of Almased with 200-350ml of water or 200ml of low-fat milk and 2tsp of oil rich in essential fatty acids (olive, rapeseed, walnut or flaxseed).

Substituting two daily meals of an energy restricted diet with Almased contributes to weight loss, while replacing one daily meal assists in the maintenance of weight after weight loss.



FOR MORE INFORMATION

Visit www.almased.co.uk, email nutritionist@almased.co.uk or call **0207 969 1886**. Ask your local independent pharmacy to order it for you through Alliance Healthcare.

¹Deibert, P. et al (2004). Weight loss without losing muscle mass in pre-obese and obese subjects induced by a high-soya-protein diet. International Journal of Obesity; 28(10):1349-52.

²Zanker. et al (2005). Type 2 Diabetes Mellitus and Cancer – Nutrition-oriented Intervention Study. Deutsche Zeitschrift für Onkologie 2005; 37: 114–121.



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Calling all iPad or Android Tablet owners...

If you ever find your tablet frustrating, aren't quite sure how to do things or just think you might not be getting all you should from it, read on...

Tablets are becoming hugely popular. And no wonder - they're lighter and easier to carry around than a PC. You can sit in a comfy armchair and browse the web or even video call your family around the world.

They're easier to use than PCs in lots of ways, too. But there's a catch. In fact, two.

Catch number 1:

They're different from PCs. So if you already know how to use a PC, you have to start again.

Catch number 2 (the big one!):

There are lots of important features that are "hidden". There's no button for them, saying "click here". And you simply can't work it out. You need to know to slide the screen from the left, or drag the thingy-me-bob to the right.

Someone needs to tell you these things - it's just not possible to work it out as you wouldn't even know they're there!

If I ran the world...

If I ran the world, these devices would come with a proper manual. But when they do come with a

manual, it's on the device, so you can only get at it if you already know how to use the thing!

And when you do get at it, it's usually written assuming you already know how to use it - which makes it a bit pointless.

That's why I've written these books: *iPads One Step at a Time* and *Android Tablets One Step at a Time* (ideal for all Android tablets)

Plain English - that's not all...

They explain how to use the device, in plain simple language, with pictures of the screen showing exactly where to tap or slide your fingers. No jargon!

Only Half the Story...

That's only half the story, but I don't have room to explain what I mean by that here. So I've put together full information on the books - who they're for, what they cover and so on.

What's more, the books also come with a small free gift - no room to explain that here, either!

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As soon as these books came out, I started getting comments like...

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and *"I am delighted with the new book on tablets, so many things I didn't understand before, being of the 'retired brigade' it's a great help." - Doreen Wadsworth*

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Anyway, don't buy now. Instead, you can find out the full details about what's covered, who they're ideal for and what you might be missing out on, then decide. Just ask for a free information pack.

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and more – can be puzzling to say the least.

The Consumers Guide To Hearing Aids is an A4 colour guide with 32 thorough pages which tell you everything you need to know about hearing aids.

It is the A-Z of Hearing Aids and can help you select the specific make and model which is best suited for your hearing loss. It explains what you spend your money on and can save your hard-earned cash before you buy a hearing aid. It gives you comparisons of hearing aids by brand, circuit option and model. This offer is only available to those who have a genuine hearing problem and is therefore limited to one copy per household.

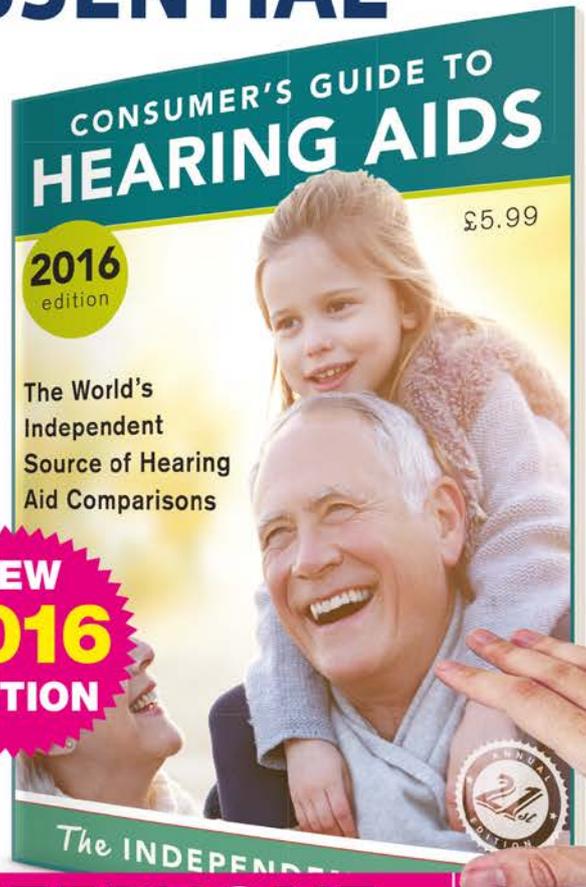


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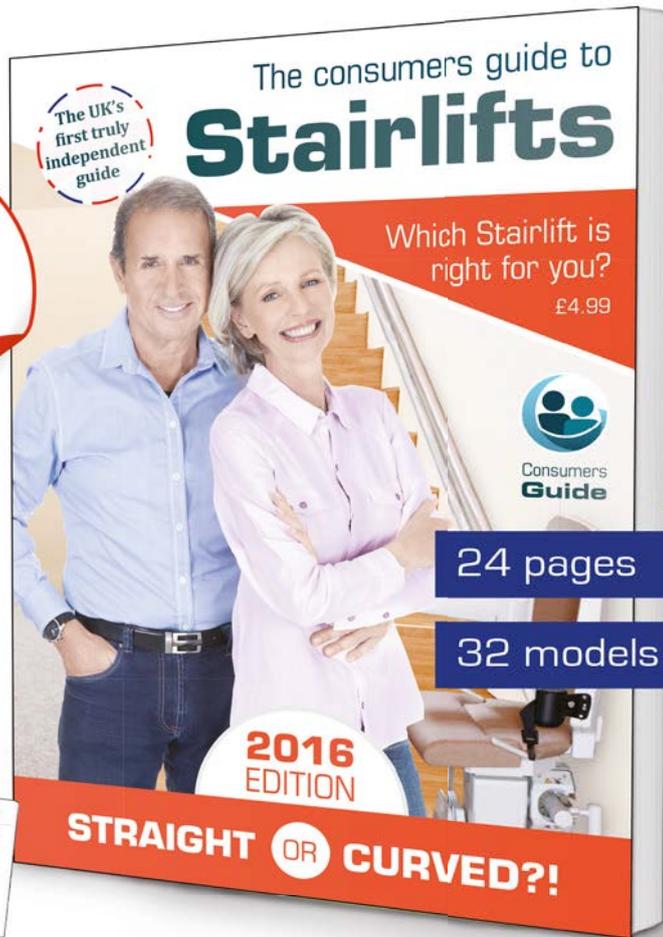
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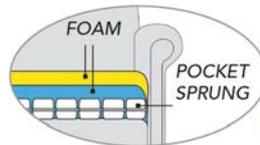
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