

COELIAC DISEASE AND TYPE 2 DIABETES

Type 2 diabetes is a common condition which causes the level of glucose (sugar) in the blood to be too high. There is no recognised link between type 2 diabetes and coeliac disease but it is possible to have both conditions.

The main risk factors for developing type 2 diabetes include:

- Being overweight or obese
- Lack of physical activity
- Being older
- Family history of type 2 diabetes
- Your ethnic background: people from South Asian, Chinese, black African and African-Caribbean family origin are more likely to develop type 2 diabetes at a younger age.

There can be complications of type 2 diabetes due to high blood glucose levels, including damage to your feet, eyes, kidneys and nervous system.

But the risk of these occurring is reduced with the right medication, diet and lifestyle changes.

Most people with type 2 diabetes will need to take medicine for their condition. Following a healthy balanced gluten free diet, managing your weight and keeping active is also important and can help to control your blood glucose levels.

Small achievable steps can help you with making changes. Turn over for our top tips.

Food labelling

We know that there can be concerns about the sugar and fat content of gluten free foods. But research shows that gluten free staple foods like pasta and bread don't contain significantly more sugar than gluten containing versions, and can be used as a source of carbohydrate at mealtimes.

Gluten free biscuits and cakes are generally high in sugar like the gluten containing versions. These foods should not be consumed regularly as part of a healthy balanced diet. Limit these to the occasional treat.

Gluten free breads can be higher in fat than their gluten containing equivalents, but the amount of fat varies between different products. Check the fat content by looking at the nutrition information on the packaging. There have been improvements in gluten free breads in recent years which have improved the nutritional profile, taste and texture.

Total Fat

High: more than 17.5g per 100g

Low: 3g of fat or less per 100g

Sugar

High: more than 22.5g of total sugars per 100g

Low: 5g of total sugars or less per 100g

When reading food labels and comparing foods, it is important to look at the fat and sugar content per 100g.



Keep physically active – aim to build activity into your daily routine and do at least 30 minutes daily

Aim to reach and maintain a healthy weight

Keep alcohol intakes within recommended limits – 14 units maximum per week with 3-4 days off each week

Limit your salt intake: have no more than 6g, equivalent to 1 teaspoon a day

Limit fats, particularly saturated fat found in full fat dairy products, cakes, butter, biscuits, pastries, and fatty cuts of meat. Choose sources of monounsaturated fats in your diet. For example, oily fish (twice weekly) unsalted nuts and olive oil

Limit sugary foods, aim to have a low sugar diet

Eat more fruit and vegetables – aim for five portions daily

Include starchy carbohydrate foods at each meal including foods that naturally don't contain gluten such as potatoes, rice, quinoa or gluten free substitute foods like gluten free pasta, gluten free bread and gluten free breakfast cereals. Choose high fibre options where you can. More hints and tips on improving your fibre intake can be found at coeliac.org.uk/fibre

Eat regular meals, do not skip meals



Tuna bake with green vegetables.

To help you get ideas in following a healthy balanced gluten free diet take a look at coeliac.org.uk/recipes. Why not try a recipe such as tuna bake served with green vegetables or search our 'reduced sugar' recipes for ideas such as our reduced sugar almond and apricot muffins.



Reduced sugar almond and apricot muffins.

Visit www.coeliac.org.uk or call us on **0333 332 2033** for more information.

Whether you're eating out on the move, in restaurants, or shopping for gluten free food for you and your family, look out for our trusted symbols which mean we're working for you to make things better.



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