

# NUTRITION



## AIM:

This indepth topic provides **health and social care staff** with the **basic advice regarding healthy eating for people living with diabetes**. Depending on selected CDEP level, it focuses on:

- ✓ *the importance of following an appropriate diet when living with diabetes*
- ✓ *how to measure and record waist circumference, height and weight accurately*
- ✓ *how to calculate and interpret Body Mass Index (BMI) against the healthy range*
- ✓ *the importance of regular meals, avoiding long periods without food and reporting if meals are not eaten*
- ✓ *listing the principles of a healthy, balanced diet*
- ✓ *recognising foods and drinks high in refined sugar*
- ✓ *understanding which foods contain carbohydrate and how these affect glucose levels*
- ✓ *knowing the dietary factors that affect blood pressure and cholesterol*
- ✓ *identifying people at risk of malnutrition and situations where healthy eating advice is inappropriate*
- ✓ *the impact enteral feeding has on glucose levels and what diabetes management changes may be required*

## DURATION:

 This topic will take roughly **30-90 minutes to complete**

Sign into **CDEP** and start  
the updated NUTRITION topic **today!**



For more information, pls email us on [info@cdep.org.uk](mailto:info@cdep.org.uk)

