

START THE DAY RIGHT

Breakfast & People with Diabetes

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Breakfast is an important meal, especially for people with diabetes. Diabetics who skip breakfast tend to have more problems regulating their blood glucose levels. This is due to a variety of factors:

- **Breakfast can break the fast between dinner from the night before and lunch. A healthy breakfast replenishes energy stores that burn off during the night. If you don't have breakfast in the morning it puts your body in a prolonged fasting state, and you may have lower energy and burn fewer calories.**
- **Routinely skipping breakfast will increase your body's insulin response. Your body starts to believe you will not be eating soon. When you finally do eat, your body stores it as fat. In fact, studies have shown that people who skip breakfast are more likely to be overweight.**
- **Missing breakfast also puts you at risk for low blood sugar, or hypoglycaemia.**
- **Another thing that happens when you skip breakfast is you end up snacking more on those sugary, high fat foods, sodas and night snacks, all of which lead to gaining weight. Eating breakfast leads to smarter meal plan choices throughout the rest of the day.**

Therefore, it is recommended that you spread your carbohydrates out across meals and make breakfast your priority, instead of having one big lunch and a huge dinner.



Eating your meals around the same time everyday also helps to keep blood sugars even and consistent. Make sure you're checking your blood sugars to see how different breakfasts affect you.

Best breakfast for people with diabetes

Eating breakfast is important in the management of diabetes. The best breakfast is low in carbohydrates and fats, and high in protein and fibre.

Carbohydrate will be broken down into sugars during digestion in your body.

Foods containing carbohydrate, including starches, fruit, milk and yoghurt, raise blood sugars, and eating a consistent amount of carbohydrate at each breakfast, lunch and dinner can help you control your blood sugar.

Sticking to your personalised meal plan (which, for most people with diabetes, includes 30 to 60 grams of carbohydrate per meal), regulates carbohydrate intake.

Combining protein and fibre together with carbohydrate can slow down the absorption of sugar into your bloodstream, preventing sugar spikes after meals.

Thus, we recommend that you increase your calcium, lean protein, fruit and wholegrains which are great sources of fibre at breakfast.

Excessive fat intake will lead to weight gain, which will in turn increase insulin resistance.

The key is to mix protein, fibre and carbohydrate within appropriate portion sizes.



A diabetic diet breakfast containing 45 grams of carbohydrates may include two slices of bread with 1 teaspoon of margarine, a boiled egg and 1 cup of non-fat milk.

Each slice of bread and 1 cup of milk each contains about 15 grams of carbohydrates. Understanding basic serving sizes can help you eat a consistent amount of carbohydrate at each meal.

Another diabetic diet breakfast meal with 60 grams of carbohydrates may include 6 tablespoons of cooked plain oatmeal with 1 tablespoon of raisins and 1 cup of milk.

Here are some tips:

- **Replace full cream milk and regular soy milk with low fat milk or unsweetened soy milk to cut down fat and sugar intake.**
- **Have non-fat or low fat yoghurt with fresh fruit (a much better choice than regular yoghurt which is loaded with sugar).**
- **Choose good quality carbohydrates which include wholemeal or multigrain products, high fibre white bread and plain oatmeal.**
- **Limit sugary spreads like jam and kaya. Apply thin layer of margarine on bread instead.**
- **Avoid oily food.**

The key is nutrient dense whole foods that make you feel satisfied and provide you with energy.