

Notes on Diabetes Group meeting 6th April 2023

Present were John, Brad, Jeremy, Penny, Marion, Anne, Nigel and Maxine.

John read a summary of the 2nd March meeting and Brad asked the group if they had any recipes they would like to share.

John said Brad had sent him some recipes from a Diabetes cookbook and he had sent them to Sharon Goodyer. She is working with a charity to provide cheap healthy meals in the Thanet area. She is trying to get the use of school canteens and staff to cook healthy recipes which can be frozen or chilled and sold at around cost price at various locations around the area. She had asked John if he could find diabetes friendly recipes and he hopes that we can work together to find a reasonable selection of recipes she can use. She tried one recipe for a meeting with a school, but no details are available yet on how that went. Brad said he would continue to look for recipes cheap to produce.

Next, we moved on for the group to share their diabetes experiences. Anne kicked off and told us she had joined the group as a pre-diabetic but was not finding it easy. She was very tired and down in the dumps. She had a doctor's appointment and feared it may tell her she had moved on to full diabetes, since she tended to stray from eating the foods she knew she should. Feeling down made her snack on the wrong things. She said she hoped coming back to our group would spur her on in the right direction. Nigel asked her how many chocolates she was eating. She said she could stay off chocolates for ages, but sometimes succumbed to a binge! She was trying to eat dark chocolate in the hope that was less bad. Maxine said Christmas was especially bad for keeping to sensible eating. She admitted to a desire for hot cross buns and chocolate. Nigel wondered if she had any repercussions and she said her lack of a gall bladder made her feel queasy after eating sweet foods, but the wrong food was very tempting when she was feeling a bit down. Jeremy said the best way to not eat hot cross buns was not to have them in the house, though he did admit to loving scrambled eggs on toast, even though bread made him come out in rashes. John suggested celery, but no one liked the thought, though carrots were a little more popular. Marion said she loved milk chocolate but was trying to only eat the dark variety. She said eating the wrong food made her insides bubble up like yeast. Penny tried her best to keep temptation out of the house. She had lists of foods she could and could not eat. She had tried to cut all sugars out of her diet, and really liked fish. Brad asked Jeremy if fresh fish was better than frozen fish, in his opinion. Jeremy said the real distinction was between wild fish and farmed fish, and the wild fish was usually frozen since it came from the far oceans.

Jeremy said Dr Unwin regarded grapes as little balls of sugar. He said if you're eating because you're hungry, protein is the most satiating food, followed by fats, but carbohydrates don't offer much. He recommended eating a lot of protein. He said the recipe John sent to Sharon only had 4.2g of protein but his meals often have 50g to 60g of protein. John pointed out the recipe had two components and the second part had 4.6g of protein, so it wasn't totally bad. He asked if anyone had got anything from his presentations, and was there anything else anyone wanted to hear. Nigel thought we could do with a repeat of some of the presentations. John said he had got a lot of knowledge from many of his talks, and tended to agree with the positives but was more doubtful of the negatives. He thought Jeremy saw food as a fuel, useful to build up muscles for his athletic endeavours, whereas he thought of food as often a social occasion, and even eating foods like greens with low protein value nevertheless made the meal a more pleasant experience. In particular he thought encouraging the world to eat more meat and fewer vegetables was unsustainable and had effects on water usage, climate change, land usage and so on. Jeremy recommended his talk 'The case for meat' which he said would change his mind on the effects meat production and consumption will have in the future, and suggested Brad might like to ask him to give it to the group at some time. The group was generally in favour of this, though some were sceptical. Jeremy also

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recommended a book called 'Why we get sick' by Benjamin Bikman¹ which will make interesting reading for us all, or watch a presentation on YouTube².

John wondered if anyone at the meeting was on Metformin. Penny, Marion, Maxine and Nigel said they were, and had been since diagnosis. Maxine said she had gradually reduced the dosage over time. John thought Brian had the same experience with his doctor. John said his surgery just recommended Michael Mosely's book 'The Blood Sugar Diet'³. Penny said most surgeries didn't seem to try to treat diabetes with any enthusiasm. Jeremy confirmed that trials show cutting out carbs has a very significant success in reversing diabetes. Penny said the proper food was much more expensive, and Jeremy said bread is significantly cheaper than protein food.

Next meeting 4th May 2023 at 5pm.

Website – <http://diabetesthanet.uk>

Facebook - <https://www.facebook.com/groups/1370586729749214>

Nextdoor - <https://nextdoor.co.uk/events/17592186413264/>

YouTube - <https://www.youtube.com/channel/UCNq8iXg0KgxiGyeEmmz39fQ>

¹ Why We Get Sick: The Hidden Epidemic at the Root of Most Chronic Disease--and How to Fight It
<https://amzn.eu/d/9I2kvOs>

² <https://www.youtube.com/watch?v=UHANGHWqE7A>

³ The 8-Week Blood Sugar Diet: Lose weight fast and reprogramme your body <https://amzn.eu/d/fPrde3l>