



# **HNFBETA AND DIET**

**ANGELINE TAYLOR  
REGISTERED DIETITIAN**

**ABOUT ME.....**

# Renal Dietitian



**WHAT DIET?**  
**WHICH FOODS?**



# HNF1BETA CLINIC



# DIABETES

7 people with diabetes  
4 needed insulin  
2 restricting carbohydrates to avoid insulin

Dietary advice focused on;

- Healthy diet and lifestyle for overall health.
- Healthy weight
- Hypo guidance (for those taking insulin)



- 
- For those restricting carbohydrates / difficult to sustain long term - benefits of reintroducing (source of energy, vitamins and minerals, dietary fibre for gut health).

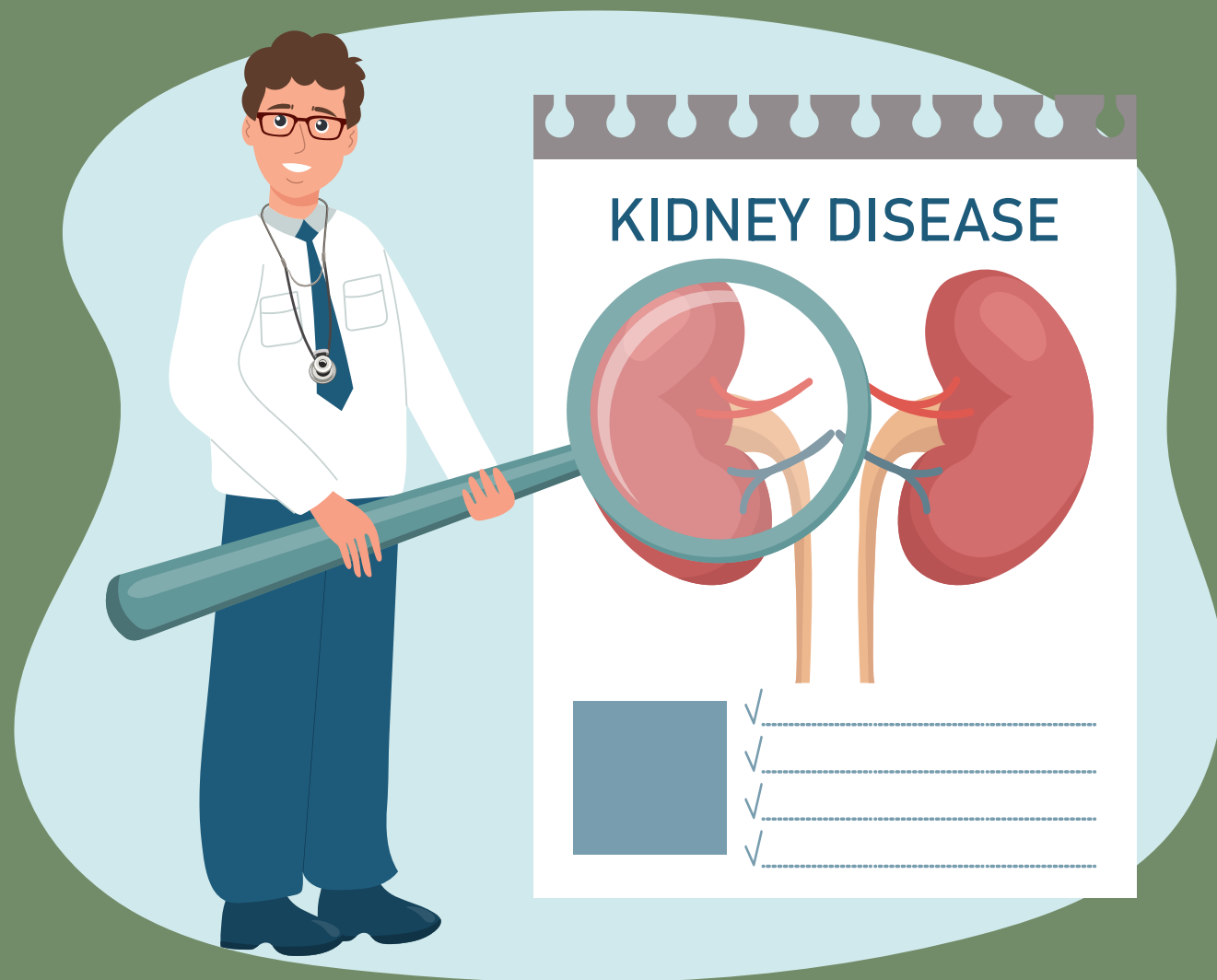
# CHRONIC KIDNEY DISEASE (CKD)

3 people with chronic kidney disease and diabetes

Dietary advice focused on;

- Healthy diet and lifestyle for overall health
- Healthy weight
- Reducing salt
- Avoiding unnecessary dietary restrictions

- 
- Later advice may be potassium and or phosphate related - focus on reducing additives in processed foods rather than healthy foods.
  - Later advice may or may not include a low protein diet in some countries (not in UK).
  - International advice is to avoid eating excess protein, and too much animal protein - replacing with plant proteins.



# GOUT

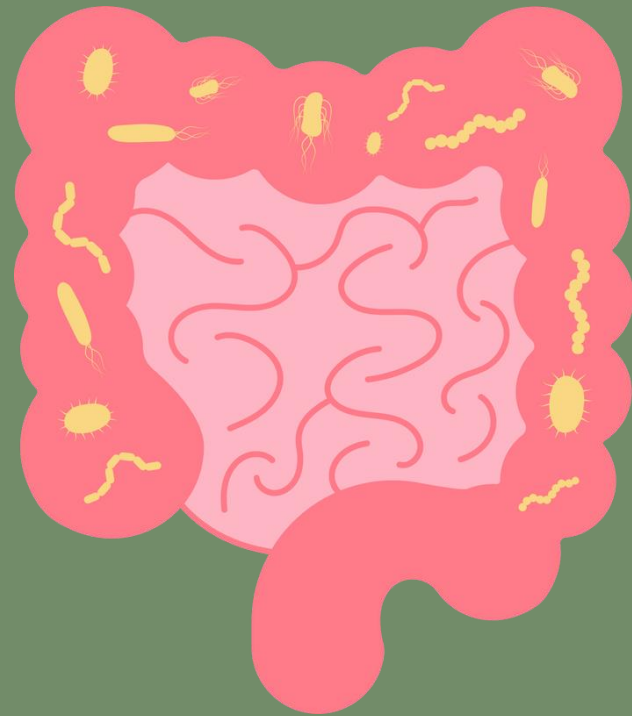
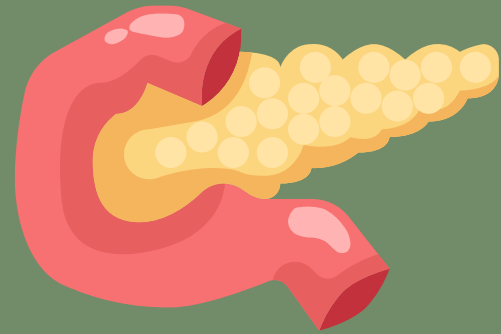


1 person with a history of Gout (diabetes and CKD)

Dietary advice focused on;

- Healthy diet and lifestyle for overall health
- Healthy weight
- Reducing high purine foods (eg excess meat), avoiding excess animal protein, alcohol, fatty foods, sugar sweetened drinks

# PANCREATIC INSUFFICIENCY



1 person with pancreatic insufficiency (diabetes, CKD)

Dietary advice:

- Education on when to take pancreatic enzymes, which foods/meals and dosing amounts.

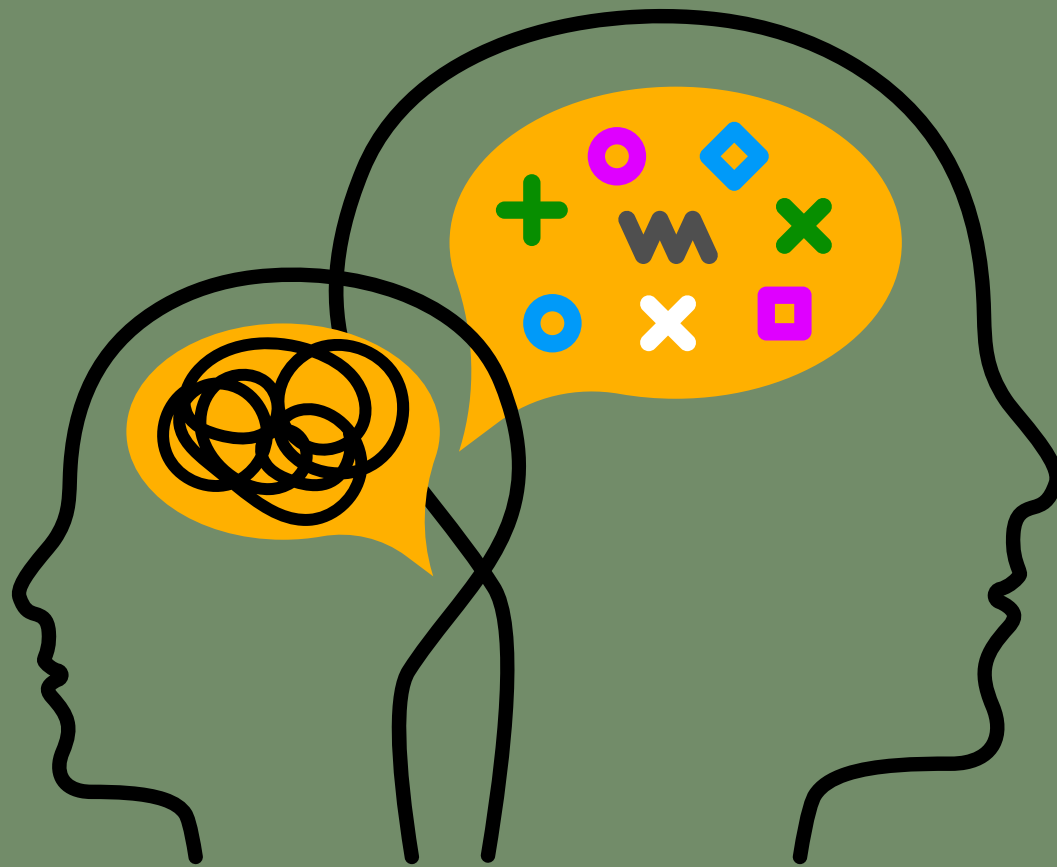


# NEURO DIVERSITY

1 person with learning difficulties and diabetes  
1 person with autism

Dietary considerations;

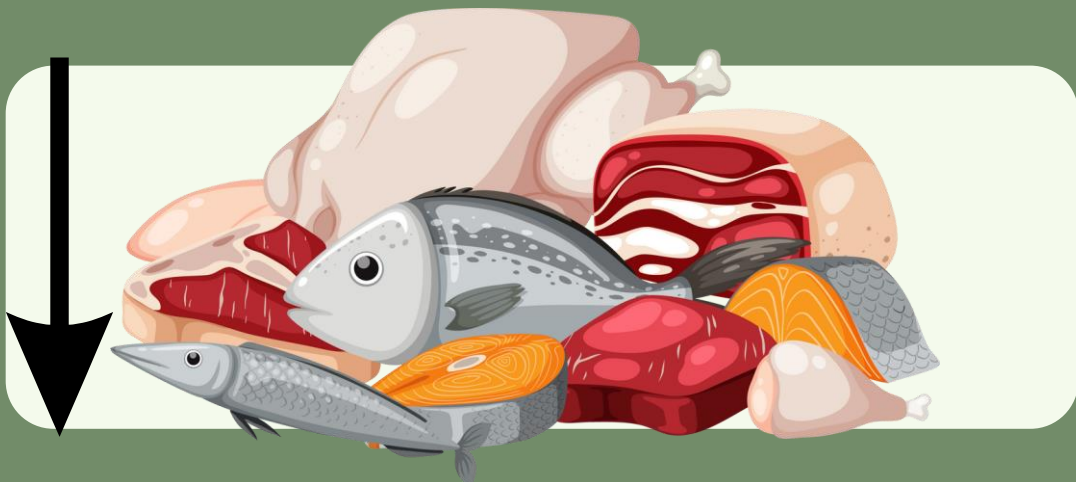
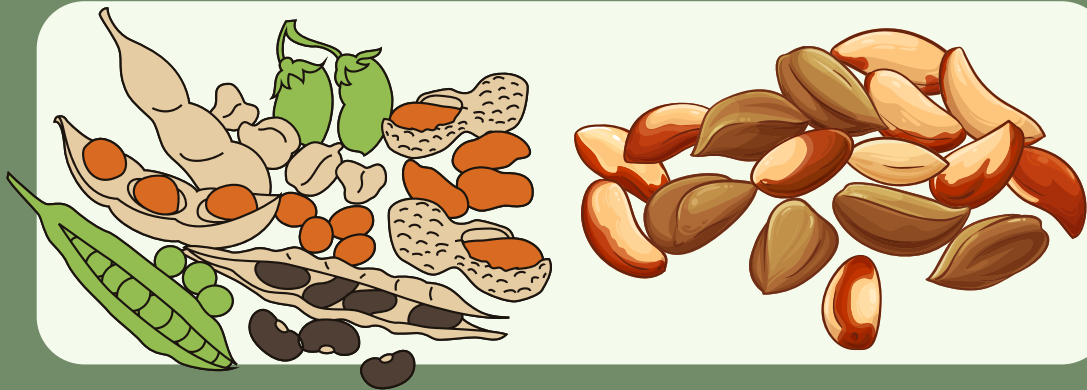
- May need more help to stay a healthy weight and eat a healthy diet
- Underweight or overweight
- Eating or swallowing difficulties
- Digestive problems
- Strong preference for certain textures, brands, colours, shapes and dislikes foods touch other foods on a plate
- Familiar foods
- May need a vitamin and mineral supplement



**WHAT DIET?**  
**WHICH FOODS?**



# HEALTHY DIET & LIFESTYLE



# Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/167kcal

Choose foods lower in fat, salt and sugars

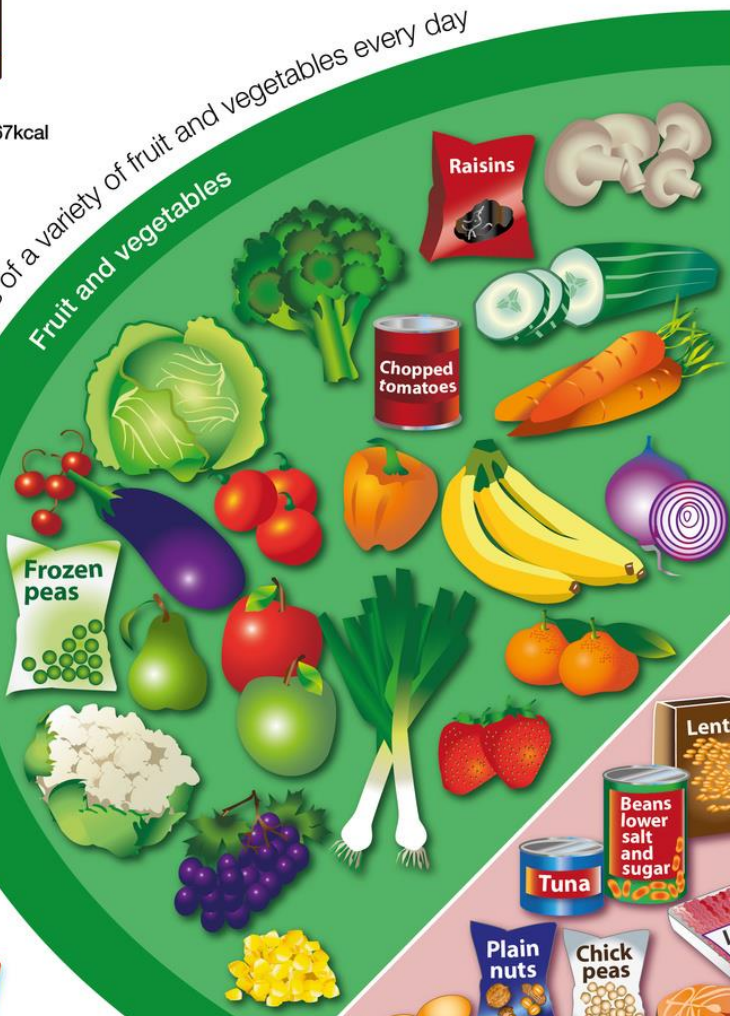
Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day



Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives

Choose lower fat and lower sugar options



Oil & spreads

Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

## The Eatwell Guide

Helping you eat a healthy, balanced diet



### Get started now

Eating well and having a healthy lifestyle can help us feel our best – and make a big difference to our long-term health. So why not make a change today?

The Eatwell Guide shows the proportions in which different types of foods are needed to have a well-balanced and healthy diet. The proportions shown are representative of your food consumption over the period of a day or even a week, not necessarily each meal time.

Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland



# QUESTIONS & ANSWERS

