

Diabetes Community Group – Thanet

Meeting held on Thursday 2nd January, 2020 at 4.00pm at Unit 26, Centre Management Office,
Westwood Cross Shopping Centre

Present:

Colin Smith	
Brian Urwin	
Maxine Ansell	
Rosina Bushell	

Discussion	Action/lead
1. Apologies were received from John Hall, Michael Finneran and Margaret Negus	
2. As this was a small meeting the group just discussed issues relevant to them 3. It was agreed to ask Katie (Specialist Dietitian) if she could do a Q&A session at the next meeting 4. Brian agreed to do his presentation at the March meeting as he should have completed his journey 5. Agreed to send dates out for future meetings, next meeting 5 th Feb followed by 5 th March. 6. Agreed to have out for discussion the future of their group and where it wants to go. 7. We had a wide ranging discussion over diet and food and what was good to eat and what should be avoided (based on our own experiences and knowledge. To give some examples <ul style="list-style-type: none"> • For breakfast, berries over bananas as they were lower in sugar • Whole grain foods should be encouraged • Keto diets only for people who want to follow that regime, general advice would be to eat a variety and sensible portions. • Apparently B&M do an actual “Eat Well Plate” • Foods such as potatoes, white rice, pasta should be eaten in moderation as they are high in carbs 	
8. Date and time and place of next meeting. February 6 th at 4.00pm Please note Colin will not be at next 2 meetings so someone should be appointed to take notes	