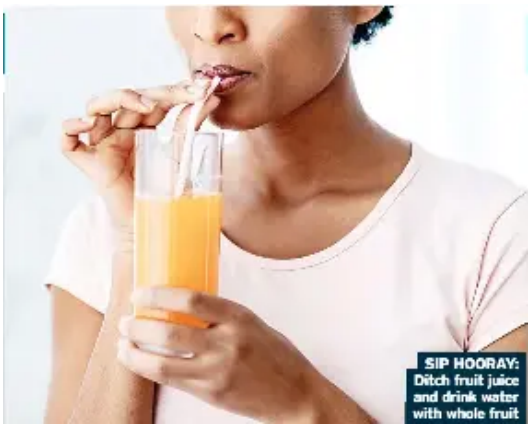
Turn up the eat... swaps to reduce your risk of diabetes

Ruislip & Eastcote & Northwood Gazette · 20 Aug 2025 · 15

Replacing French fries with boiled potatoes could benefit your health, according to a new study which found that eating three servings of French fries per week could increase your risk of developing type 2 diabetes.



An international research team found that individuals who consumed French fries three times per week had a 20% greater risk of developing the condition, while, eating baked, boiled, or mashed potatoes was not associated with a heightened risk.

Here are six other simple swaps that could reduce your risk of type 2 diabetes and support your health...

1. SWAP CEREALS WITH MILK FOR YOGHURT, MUESLI AND BERRIES

“Some cereals like granola and cereal clusters may seem healthy but can be high in added sugar and unhealthy fats,” says Emma Pike, of Diabetes UK. “When choosing cereal, check the front of pack label and look for options with the most green lights.

“Another great alternative is Greek or natural yoghurt, which you can top with fruit and a sprinkle of seeds for added fibre and nutrients.”

2.

SWAP FRUIT JUICE FOR WHOLE FRUIT AND DRINK WATER WITH IT

“Fruit juice lacks the fibre of whole fruit, causing faster blood sugar rises,” says Rosie Carr, dietitian at healthy eating plan Second Nature.

“Whole fruits contain fibre that slows sugar absorption and supports gut health. Water keeps you hydrated without adding any sugar or calories.”

3.

SWAP SUPERMARKET SANDWICHES FOR HOMEMADE VERSIONS

“Pre-packaged sandwiches typically contain refined carbohydrates, sugary sauces, and preservatives while offering minimal protein,” says Rosie “Creating your own sandwich with sourdough bread (or other bread from your local bakery), quality protein from cured meats and cheese, and fresh tomatoes provides a more balanced meal.”

“Choose wholegrain bread for more fibre, and add salad or veggies for more colour, flavour and texture plus the added bonus of vitamins and minerals.” suggests Emma.

4. SWAP TOAST WITH JAM FOR EGGS ON TOAST WITH WILTED SPINACH

Packed with protein from the eggs and wholegrains from the toast, this is a balanced option. “Jam is essentially concentrated fruit sugar that rapidly raises blood glucose when spread on refined toast,” says Rosie. “Eggs provide high-quality protein and fat that significantly slows digestion and lowers hunger. Adding wilted spinach increases fibre, vitamins and minerals.”

5. SWAP COOKIES AND CHOCOLATE BISCUITS FOR PLAIN ONES

“Instead of cookies or chocolate biscuits, try plain options like rich tea or digestives made with sunflower oil,” recommends Emma. “If you’re after chocolate, go for two or three squares of dark chocolate, its stronger flavour means you may be satisfied with less.”

6. SWAP CRISPS FOR MIXED NUTS WITH A PINCH OF SALT

Swapping crisps for a small, unsalted handful of mixed nuts is generally a healthier choice. “Crisps provide refined carbohydrates with little nutritional value, while nuts offer protein, fat, fibre and micronutrients,” says Rosie.