

EAT WELL

Eating well and keeping to a healthy weight can reduce your risk of getting Type 2 diabetes. Follow these top tips to help you eat healthier.



EAT REGULAR MEALS

Avoid skipping meals and space your breakfast, lunch and evening meal over the day – you'll be less likely to snack.



CHOOSE HEALTHIER CARBS

Swap your white bread, pasta and rice for healthier options such as multigrain bread, wholewheat pasta, oats, fruits and veg, pulses and some dairy foods.



CUT BACK ON SATURATED FAT

Instead of butter or ghee use unsaturated fats like olive oil, sunflower oil or rapeseed oil.

You could also swap to semi-skimmed or skimmed milk in your coffee and tea, or choose a tomato based sauce for your pasta rather than a creamy sauce.



EAT MORE BEANS

Beans, lentils and pulses are cheap to buy, low in fat and full of nutrients and fibre, which helps keep your digestive system healthy.

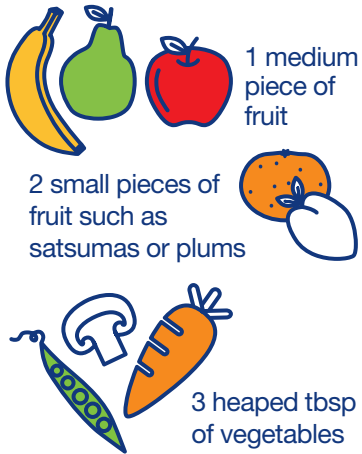
Try them hot in casseroles, soups and stews or cold in salads and pasta dishes.



DISH UP THE FISH

Fish and especially oily fish are great for your health. Aim to eat at least two portions of fish a week, including one of oily fish like mackerel, sardines, salmon or pilchards.

DID YOU KNOW? A PORTION IS:



GET YOUR FIVE A DAY

Experiment with adding more veg to your meals – why not try adding grated courgette and carrot to your next pasta dish or chilli?

You could also swap your usual dessert for a fruit salad or bowl of strawberries.



CUT DOWN ON SUGAR

A lot of products include more sugar than you realise. Choose sugar free, diet or no added sugar drinks.

Read food labels to spot sugar in food and drink and cut back on cakes, chocolates and biscuits.



CUT DOWN ON SALT

Lowering the amount of salt you eat could help you maintain a healthy blood pressure and lower your risk of Type 2 diabetes.

Most of the salt we eat comes from processed foods, so aim to cut back on these types of foods and add flavour with herbs and spices instead of salt when cooking.



DRINK IN MODERATION

Try to limit how much you drink to 2–3 units of alcohol per day for women and 3–4 units per day for men.

And remember alcohol is high in calories so you may want to cut back further.



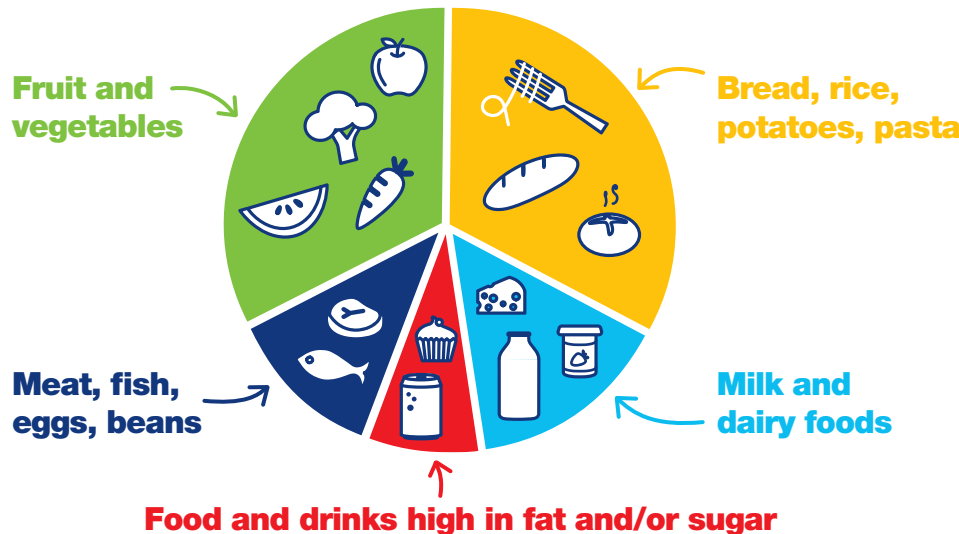
PRACTISE PERFECT PORTIONS

It's not just what's on your plate that's important but also how much is on your plate.

Try using a smaller plate or serve your vegetables first to let them fill up your plate.

EATWELL PLATE

The eatwell plate shows the five food groups and the amounts you should eat for a healthy balanced diet. Try to get this balance right every day, but you don't need to at every meal. It's important to have some healthy fats, but try to limit foods and drinks high in fat and/or sugar such as cakes and sugary drinks to help maintain a healthy weight.



HAVE YOU GOT ANY SIGNS OF TYPE 2 DIABETES?

It's great that you've taken the first step and found out your risk but if you notice any of these signs you should visit your doctor as soon as possible.

- Need to wee a lot?
- Thirsty?
- Feel tired?
- Blurred eyesight?
- Itchy genitals and thrush?
- Cuts don't heal?

FURTHER INFORMATION

If you want more information about your risk and how to reduce it, go to www.diabetes.org.uk/knowyourrisk

If you have any questions or concerns about diabetes, call the Diabetes UK Careline 9am–7pm, Monday–Friday on **0345 123 2399*** or email careline@diabetes.org.uk

*Calls may be recorded for quality and training purposes.

BE ACTIVE



Getting active and staying active will reduce your risk of getting Type 2 diabetes, and you'll feel great too. Follow our top tips for small changes that could make a big difference.

HOW MUCH ACTIVITY?

We should all aim for **30 minutes of moderate activity on at least five days a week.**

Any activity counts if it **increases your heart rate, makes you breathe faster and feel warmer.**

Doing just a little bit more than you did before is a great start.

Remember you should also aim to do **activities that strengthen your muscles on two or more days a week** like carrying groceries and gardening.

And don't forget if you have any medical conditions speak to your doctor first before increasing your levels of activity.

MAKE SMALL CHANGES

Make small changes that fit into your everyday life. Simply enjoying a walk in your local park, getting off the bus a stop early or leaving the car at home for small trips will help.

STEP UP YOUR STEPS

Did you know that a 45-year old who weighs 70 kg can burn an extra 400 calories a day by walking 10,000 steps?

Use a pedometer to track your steps and see if you can reach 10,000 a day.

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CASES OF TYPE 2 DIABETES CAN BE STOPPED OR DELAYED BY EATING WELL AND BEING ACTIVE

GET FIT WITH FRIENDS

Instead of meeting friends for a coffee why not meet up for a walk in the park, a group fitness class or a game of your favourite sport.

TRY SOMETHING NEW

From aerobics to zumba, there's an activity for every letter of the alphabet. Try a new gym class, sport or activity. Once you find something you enjoy, you'll be more likely to stick to it.

DON'T GIVE UP!

As soon as you get more active your health benefits, but you may not see changes straight away. So keep going and set realistic goals for your activity.

NEXT STEPS

- If you are at moderate or high risk of Type 2 diabetes visit your GP surgery.
- Keep this guide with you in your wallet or purse.
- Use these tips and write an action plan to help you make small changes to improve your health.

WHAT YOUR RISK MEANS

LOW

You've done a great job so far. But remember to keep an eye on your weight and waist.

INCREASED

If your risk is partly due to your lifestyle, a few small changes can make a big difference.

MODERATE

You need to see your doctor or nurse to talk about your risk and how to lower it. Remember, small changes can make a big difference.

HIGH RISK

You need to see your doctor or nurse as soon as possible to be tested for Type 2 diabetes. They'll also tell you what you can do to reduce your risk.

DRAW UP AN ACTION PLAN

An action plan is a great way to set healthy goals and stick to them:

- Think about what being healthier will mean to you – more energy? Being able to join in with your kids or grandkids? Dropping a clothes size?
- Set yourself a date to aim for (but keep the timeframe realistic)
- Make your goal achievable and something you can build upon
- Choose an activity that's fun and fits in with your lifestyle
- Decide on a reward for your hard work, whether it's a magazine, a day out with the family or new clothes and make sure you celebrate your success.

MY ACTION PLAN

My personal goal is:

When will I reach my goal?

How will I reach my goal?

1

2

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