

# DIABETES COACH

## Health and well being

### Fun facts and tips on healthy eating habits

#### Did you know...

- ✓ **Using a smaller plate** can help reduce the amount you eat and support your weight-loss efforts
- ✓ **Removing the skin** from chicken can cut the amount of fat you eat
- ✓ **Frozen or canned fruit and vegetables** can be just as nutritious as fresh, as long as they are stored in natural juice or water and not syrup
- ✓ **Cereal bars** often contain just as much sugar as a chocolate bar – beware of the hidden sugar!
- ✓ **Cooking with olive, sunflower or soya oils** is a good way to help control cholesterol levels
- ✓ **Replacing cream** with light crème fraîche or low-fat Greek yoghurt can lower the fat content of sauces without compromising on taste
- ✓ **Use strong-flavoured cheeses** like parmesan, because you can use less to get a good flavour. There are also good low-fat alternatives available
- ✓ **You can use sweeteners** to cook and bake! Check the package for instructions
- ✓ **If you don't like the taste** of one type of sweetener, it is worth trying another instead of switching back to sugar because different brands can have different flavours

### Healthy meal builder

Discover useful facts about food, gain advice on how to create a healthy meal, and see how extra daily activity can really help improve your overall health and well being.

If you're living with Type 2 diabetes, a meal plan is a great way to start building healthy meals. Your healthcare provider can help design a meal plan that works for you. Give them an honest picture of your lifestyle so they can create a plan that fits in with your routine, eating habits and weight goals.

Once developed, your meal plan can be your go-to guide for choosing what foods to eat and when. A successful meal plan can help you stay on target for your blood sugar and weight goals.

Planning and shopping ahead for meals lets you take control of your diet, which is a key part of managing your Type 2 diabetes. By following your meal plan, you'll know that you're eating healthy, balanced meals that you and your family can enjoy together – and you can also visit the 'Recipes Library' for more healthy meal inspiration.

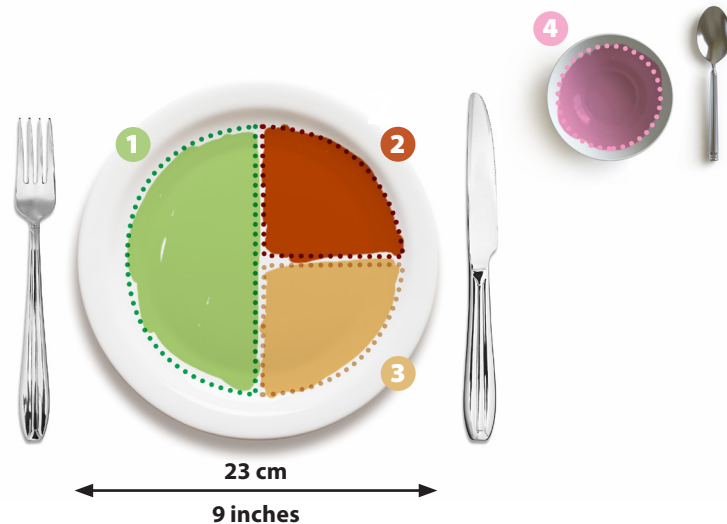
#### WHAT KIND OF FOODS SHOULD YOU BE EATING?

- Try to eat plenty of vegetables, fruits, whole grains, legumes and dairy products. These foods can provide most of the carbohydrates you need to eat every day<sup>1,2</sup>
- Eat fibre-rich foods such as cereals, pulses, fruit and vegetables<sup>1,2</sup>
- Avoid sugary fizzy drinks (check the label for added sugar), which are high in calories and can make you put on weight<sup>1</sup>
- Restrict your alcohol consumption to one drink a day for women or two drinks a day for men<sup>1</sup>
- When you choose the type of fats in your diet, concentrate on good quality, healthier fats that are found in foods like olive oil, avocados, nuts and nut oils, and oily fish<sup>1</sup>
- Most importantly, choose the eating pattern that works best for you. Many different patterns can be effective in managing diabetes, including:
  - The Mediterranean-style diet, which is high in olive oil, vegetables, fruit, beans, seeds, nuts and fish, and low in meat, sweets and dairy products<sup>3</sup>
  - The Dietary Approaches to Stop Hypertension diet, which is high in vegetables, fruit, beans, seeds, nuts, white meat and fish, and low in all kinds of fat, red meat and sugar<sup>4</sup>
  - Vegan or vegetarian<sup>2</sup>
  - Lower fat<sup>2</sup>
  - Lower carbohydrate<sup>2</sup>
- If you're not sure which category a food falls into, see 'What to put on your plate' on the next page

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## What to put on your plate<sup>4</sup>

Start with a plate that is about 23 cm (9 inches) across. This size can help you to manage your portions.



About half your plate should be filled with non-starchy vegetables. These could include:

- Broccoli
- String beans
- Carrots
- Cabbage
- Spinach
- Lettuce
- Cucumber
- Avocado
- Celery
- Courgette
- Brussels sprouts
- Kale
- Sweet peppers
- Onions
- Asparagus
- Aubergine
- Cauliflower
- Mushrooms

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About a quarter of your plate should be filled with protein, such as:

- Skinless chicken or turkey
- Lean cuts of beef or pork
- Fish or seafood
- Eggs
- Low-fat cheese
- Tofu or vegetarian meat substitutes
- Nuts

2

No more than a quarter of your plate should be filled with starchy foods. These are foods that are high in carbohydrates, like:

- Rice
- Pasta
- Potatoes
- Sweet potatoes
- Squash
- Peas
- Sweetcorn
- Wholegrain breads, such as rye or wholewheat
- Tortillas
- High-fibre cereal, such as bran
- Cooked cereal, such as porridge oats
- Cooked pulses, such as lentils and kidney beans

3

You can finish your meal with a piece of fruit or half a cup of fresh fruit salad.

You could also choose frozen fruit or canned fruit in juice if you prefer.

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## What are the benefits of being more active?

Research has shown that increasing your activity levels can have lots of benefits when carried out in conjunction with a healthy lifestyle. Don't forget about the 'Activity goal setter' application, which is on Diabetes Coach to help you build more activity into your daily life.

### A. Muscles

Increases sugar uptake and sensitivity to insulin, which might help control your diabetes better.<sup>5</sup>

### B. Weight

Can help weight loss.<sup>5</sup>

### C. Bones

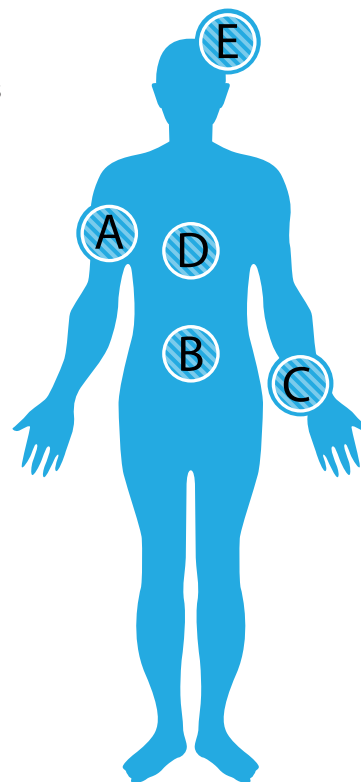
Delays the loss of minerals that occurs over time and can lead to weakened bones.<sup>5</sup>

### D. Heart and blood vessels

Reduces your risk of cardiovascular problems such as heart disease and stroke.<sup>5</sup>

### E. Mental health

De-stresses you, improves sleep and can reduce symptoms of depression.<sup>5</sup>



## References

1. National Heart, Lung, and Blood Institute. Facts about healthy weight. Available at: [http://www.nhlbi.nih.gov/health/prof/heart/obesity/aim\\_kit/healthy\\_wt\\_facts.pdf](http://www.nhlbi.nih.gov/health/prof/heart/obesity/aim_kit/healthy_wt_facts.pdf). Last accessed April 2014.
2. Evert AB, et al. *Diabetes Care* 2013;**36**:3821–42.
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4. American Diabetes Association. Create Your Plate. Available at: <http://www.diabetes.org/food-and-fitness/food/planning-meals/create-your-plate/>. Last accessed April 2014.
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