

NAME:
NAME OF DOCTOR/NURSE:

DATE:

EAT WELL: REDUCE YOUR RISK OF TYPE 2 DIABETES

Most cases of Type 2 diabetes (four out of five) can be prevented by making small changes to your lifestyle – so if you're at risk, it's important you take steps to maintain a healthy weight, eat well and be active. This information sheet gives you some tips that will help you eat a healthier diet, while still enjoying food.

Top tips for eating well

-  **Eat regular meals.** Avoid skipping meals and space your breakfast, lunch and evening meal out over the day.
-  **Include carbohydrates each day.** Healthier sources include wholegrain starchy foods, fruits and vegetables, pulses and some dairy foods. As all carbohydrates affect blood glucose levels, be aware of the amount you eat.
-  **Cut down on fat, especially saturated fat.** Unsaturated fats from olive oil, sunflower oil, rapeseed oil, nuts and avocados are better for your heart. Try to grill, steam or bake food rather than frying, and swap creamy sauces for tomato based sauces.
-  **Eat more fruit and vegetables.** Fruit and vegetables will give your body the vitamins, minerals and fibre it needs. We should all aim to eat at least 5 portions a day. Choose whole fruits and vegetables rather than juices and smoothies.
-  **Eat more beans.** Kidney beans, chickpeas and lentils are packed with nutrients. Try them hot in soups or casseroles, cold in salads or in low-fat hummus and dhal.
-  **Dish up the fish.** Aim to eat at least two portions of fish, including one of oily fish, a week. Examples of oily fish include mackerel, sardines, salmon and pilchards.
-  **Cut down on sugar.** A healthy diet can include some sugar – but you may need to reduce the amount you eat. Choose sugar-free, diet or no-added sugar drinks, and make sure you're reading food labels to spot sugar in other foods.
-  **Cut down on salt.** Aim to eat 6g of salt or less a day. 70% of the salt we eat comes from processed foods – so try to cut back on pre-prepared foods, and try flavouring your food with herbs and spices instead of salt.
-  **Drink alcohol in moderation.** That's a maximum of 2–3 units of alcohol per day for a woman and 3–4 units per day for a man. Remember alcohol is high in calories so think about cutting back further if you are trying to lose weight.
-  **Be aware of portion sizes.** If you are trying to lose weight, you may need smaller portions. Try using smaller plates or dish up your vegetables first and let them fill up your plate. There can be a lot of calories hidden in drinks, so try drinking water and get your calories from food instead.

AGREED ACTION PLAN

My personal goal is:

To be achieved when:

The two steps that I will take to achieve this are:

(Discuss and agree with your doctor or nurse. Think about What, Where, When and How?)

1

2

For information or support, call Diabetes UK Careline: **0345 123 2399*** Mon–Fri, 9am to 7pm, or go to **www.diabetes.org.uk/info-risk**

*Calls may be recorded for quality and training purposes.