

Healthy Eating for Impaired Glucose Tolerance (IGT) or Impaired Fasting Glycaemia (IFG)

This booklet provides information for people with IGT or IFG to help reduce the risk of developing diabetes

This booklet was given to you by:

Name:

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Our Values

Service Teamwork Ambition Respect

Introduction

Impaired Glucose Tolerance (IGT) and Impaired Fasting Glycaemia (IFG) are both conditions in which the level of sugar in the blood (glucose) is slightly higher than normal, but not high enough to be classified as diabetes.

Insulin is a hormone in the body responsible for controlling blood glucose levels

In a person with IGT or IFG the body is unable to use the glucose as an energy source, as a result of not making enough insulin or the insulin being produced is not being used effectively. This leads to raised blood glucose levels.

Having IGT or IFG can increase the chances of developing diabetes and having a stroke or heart attack. However these risks can be greatly reduced by following the healthy eating and lifestyle guidance in this booklet.

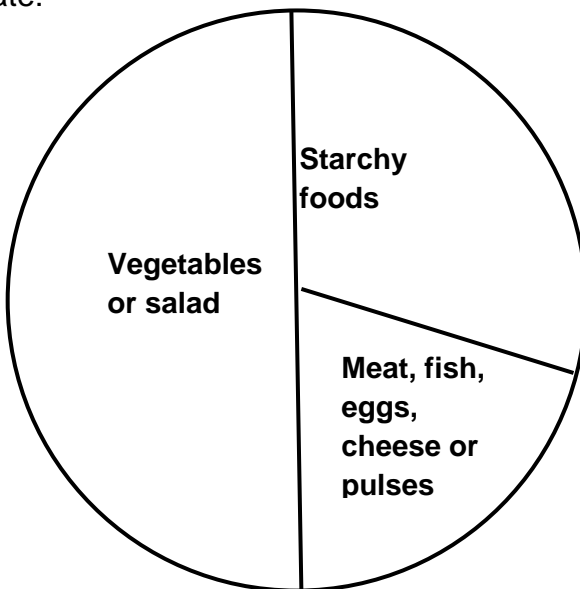
Try to lose some weight if you are overweight

Aim to reduce your weight by **5-10%** and to maintain this loss as this greatly reduces the chances of developing diabetes. Ask for our leaflet on weight loss, or alternatively the website below provides some top tips on weight loss: www.nhs.uk/LiveWell/Loseweight

Eat three regular meals every day

Aim to eat breakfast, lunch and dinner every day

The diagram below shows the best way to fill up your meal plate:



Increase your fruit and vegetable intake

Aim for at least 5 portions of fruit or vegetables per day

| What counts as a portion? | |
|---|--|
| Fruit | Vegetables |
| 1 medium fruit e.g. apple, banana, pear, orange or 2 small fruits e.g. plums or clementines | 3 heaped tablespoons of cooked, raw, canned or frozen vegetables |
| 1 tablespoon of raisins, currants, sultanas or mixed fruit, 2 figs, 3 prunes or 1 handful of banana chips | 3 sticks of celery, 2 inch piece of cucumber, 7 cherry tomatoes |
| 2 tablespoons of stewed or tinned fruit | 2 broccoli spears or 8 cauliflower florets |
| 1 small glass of unsweetened fruit juice | A small dessert bowl of salad |
| 10 large grapes, cherries or strawberries | 4 heaped tables spoons of kale, spring beans or green beans |
| Large fruits: ½ a grapefruit, 1 slice of papaya, melon, pineapple or 2 slices of mango | 3 heaped tablespoons of beans or chick peas |

For more information on getting your 5-a-day please go to:

<http://www.nhs.uk/livewell/5ADAY/Pages/5ADYhome.aspx>

Include some starchy 'carbohydrate' foods at each meal

These are important for controlling the blood glucose levels. Examples of starchy carbohydrate foods include: cereals i.e. porridge, no added sugar muesli, rice, pasta, potatoes and bread (grainy breads are the best i.e. multi-seed / granary as they are higher in fibre)

Reduce your intake of sugar, sugary foods and drinks

| Try to avoid | Exchange for |
|---|--|
| Adding sugar to food and drinks | Tablet or sprinkle sweeteners |
| Sugary-containing drinks i.e. fizzy drinks, squashes, hot chocolate or malted drinks | No-added sugar squashes and diet fizzy drinks, low calorie drinking chocolate |
| Cakes, sweet biscuits, sweets, chocolates and diabetic chocolates | 1–2 plain biscuits i.e. garibaldi, rich tea or a small scone, slice of fruit loaf or a piece of fruit |
| Sugary/ honey coated cereals | Low sugar cereals |
| Sugary puddings, and desserts i.e. sponges, tarts and pies, milk puddings, jelly and instant desserts, full fat yoghurts containing sugar | Low-calorie or sugar-free desserts and milk puddings. Low sugar and low fat yoghurt, sugar-free jelly. |
| Fruit canned in syrup, dried fruit | Fresh/stewed fruit or natural juice |

Limit your intake of high fat foods

In particular, try to reduce saturated fats as this type of fat is linked to heart disease. Instead choose unsaturated fats and oils especially monounsaturated fats such as olive and rapeseed oils as these are better for the heart.

- Use fats, spreads and oils sparingly
- Reduce high fat snacks i.e. crisps/nuts/cheese
- Used skimmed or semi-skimmed milk
- Don't fry food: grill, bake, casserole or steam
- Remove visible fat or skin on meats before eating
- Look for low-fat alternatives when choosing foods i.e. ready meals with less than 5% fat (5g fat/100g)

Eat more oily fish

Oily fish is rich in a polyunsaturated fat called omega- 3, which helps protect against heart disease.

Aim to include at least 2 portions of oily fish a week. Examples include mackerel, herring sardines, salmon, trout and pilchards. Try them fresh, frozen, tinned in water or sauce, rather than brine.

Drink alcohol in moderation

Guideline amounts:

Men: aim to consume no more than 2-3 units per day
(14-21 units per week)

Women: aim to consume no more than 1-2 units per day
(7-14 units per week)

One unit of alcohol is equal to:

- ½ pint of beer, lager or cider,
- 1 small (125ml) glass of wine
- 1 pub measure of spirits

Aim to have at least two alcohol-free days during the week.

It is not necessary to drink alcohol if you do not already drink it.

Always check with your GP that it is safe for you to have alcohol, especially if you are taking any medication.

Reduce your salt intake

- Avoiding adding salt at table
- Use less salt in cooking - try herbs and spices instead
- Cut back on salty foods such as cheese, processed foods, ready meals, tinned and packet soups

Increase your physical activity

Regular physical exercise reduces insulin resistance and reduces the risk of heart disease. Aim to carry out **30 minutes** of physical activity **5 times** a week.

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