



Diabetes: it's in my hands



Reduce your risk: it's up to you

Aboriginal and Torres Strait Islanders have a high risk of developing type 2 diabetes but a lot can be done to reduce this risk.

Type 2 diabetes happens when the body doesn't make enough insulin or when insulin doesn't do its job properly. Insulin helps the body turn glucose (sugar) into energy. Diabetes is a serious health problem and diabetes will last your whole life. Eating the right foods, keeping active and being a healthy weight, or losing some excess weight, will help to reduce the risk of type 2 diabetes.

Risk factors to know about

- Having family members with diabetes.
- Being overweight or carrying fat around your middle (belly).
- Having high blood pressure.
- Having high cholesterol (high fat levels in the blood).
- For women — having diabetes while pregnant (gestational diabetes), or having Polycystic Ovary Syndrome (PCOS).
- Being older than 35.

There are many things you can do to reduce the risk of type 2 diabetes, including healthy eating and physical activity.

HEALTHY EATING

Eat more fruits and vegetables, breads and cereals

- Try to eat fruit or vegetables at each meal.
- Snack on fruit during the day — try to eat 2–3 pieces every day.

- Aim for five serves of vegetables each day.
- Eat some bread or cereal or pasta or noodles or damper or rice at most meals.
- Eat high fibre cereals like Weet-Bix™, porridge or bran cereals.

Choose high fibre, slow energy release foods more often to keep blood glucose levels healthy, including:

- Sweet corn, taro and sweet potato instead of regular potato.
- Baked beans.
- Most fruits.
- Basmati or Doongara rice, and all types of pasta and noodles.
- Porridge and untoasted muesli.
- Grainy breads (e.g. soy and linseed, multigrain) instead of white bread.
- Low fat milk and yoghurt (not a source of fibre).

Drink plenty of water

Eat less fat

- Use less butter, try a scrape of margarine instead.
- Avoid fried and takeaway foods.
- Trim the fat off meat and take the skin off chicken.
- Eat less fatty snacks like chips and biscuits.
- Use low fat milk, cheese, yoghurt and ice cream.

AN EXAMPLE MEAL PLAN

BREAKFAST CHOOSE FROM:

- ½ cup high fibre breakfast cereal with ½–1 cup low fat milk and a serve of fruit

OR

- 2 slices bread or toast (multigrain is better) with ½ cup baked beans, tomato/mushrooms. For something different try scrambled, poached or boiled eggs* on your toast

OR

- 1–2 slices bread or toast (multigrain is better) with a scrape of jam, honey, vegemite or margarine, and a serve of fruit

*Limit eggs to 3–4 per week

LUNCH CHOOSE FROM:

- 2 slices bread or 1 bread roll (multigrain is better) with salad and a small serve of lean meat, skinless chicken, canned fish or low fat cheese

AND

- Fruit or 100–200g low fat yoghurt

DINNER CHOOSE FROM:

- Small amount of lean meat, chicken or fish (no bigger than the size of your hand)

AND

- ½ cup cooked rice or ½ cup cooked pasta or 1–2 slices bread (multigrain is better) or 1–2 medium potatoes or ½ cup corn/sweet potato/taro

AND

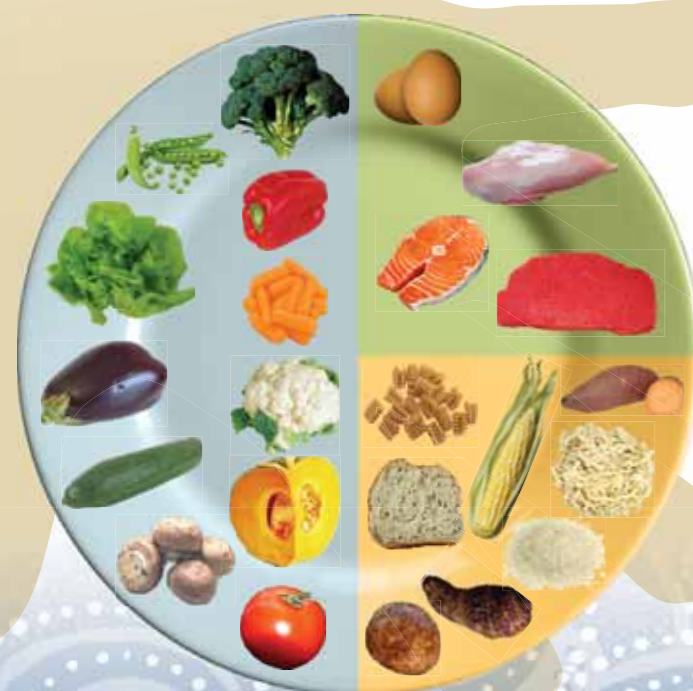
- Lots of salad or vegetables

AND

- ½ cup canned fruit (in natural juice) and a dollop of low fat yoghurt or low fat custard

SNACKS Try fruit or 200g low fat yoghurt or plain popcorn or low fat crackers with healthy topping (e.g. tomato) or a slice of multigrain bread/toast or fruit bread/toast.

Portion size is very important for weight loss and healthy eating — try to make your evening meal plate look like this, with lots of vegetables and a small serve of meat or chicken or fish, and some carbohydrate like potato or corn or rice or pasta or bread.



Eat less sugar

- Use diet cordial or diet soft drink — avoid regular sweet drinks.
- Don't eat chocolate, lollies, biscuits and cakes every day.

Lose weight

Carrying excess weight, especially around the belly, is closely connected to developing type 2 diabetes.

Choosing healthy foods, in the right amounts, and being physically active every day can help you to lose excess weight. Losing excess weight also keeps your heart healthy and your blood pressure down.

HEALTHY SHOPPING LIST

Instead of:

Try these:

8 Sweet drinks

Soft drink, cordials, fruit juices in large amounts

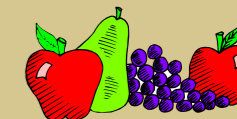
- 4 Water is the best drink. For a change try diet or low-joule cordials
- 4 One small glass of fruit juice a day is ok



8 Lollies and chocolates

Sweet lollies, mints, chewing gum, chocolates, health bars

- 4 Fresh fruit
- 4 Small amounts of:
 - 4 No added sugar gum
 - 4 Sugar free lollies



8 Cakes

Cakes, pastries, doughnuts

- 4 Scones, wholegrain or fruit bread, low fat crackers



8 Butter

- 4 Poly or monounsaturated margarine like olive, canola or sunflower



8 Full cream milk

- 4 Low fat or skim milk e.g. Lite White™, Lite Start™, Shape™, Trim™
- 4 Powdered skim milk (made according to instructions)



8 Sausages, bacon, devon, fatty meats

- 4 Lean meat like leg ham, kangaroo, chicken breast, canned salmon or tuna
- 4 Reduced fat mince, kangaroo mince (trim fat off meat before cooking)



8 Full fat cheese

- 4 Low fat cheese slices
- 4 Small amounts of reduced fat cheese



8 Pastries, pies, high fat takeaways (Don't eat everyday)

- 4 Sushi, toasted sandwich, lean meat roll or a wrap with lots of salad



8 Chips, corn chips and crisps

- 4 Raw vegetables, plain popcorn, low fat crackers, rice cakes



8 Fried foods

- 4 Foods that are grilled, baked, steamed, microwaved or cooked in a non-stick pan
- 4 Small amounts of canola, sunflower or olive oil are ok
- 4 Try spray oil



8 Sweet biscuits Cream biscuits, chocolate biscuits

- 4 Fruit bread or toast
- 4 Low fat fruit filled biscuits: Snackright® Sultana Fruit Slice, Vive Light® Caramel Pecan, Full O' Fruit



8 Desserts Fruit pies, puddings, ice cream, cakes

- 4 Fresh fruit
- 4 Low fat yoghurt
- 4 Low fat ice cream
- 4 Canned fruit in natural juice



Physical activity

Physical activity and healthy eating are both needed to help keep type 2 diabetes away.

Why is it good for me?

Regular physical activity:

- Reduces the risk of developing type 2 diabetes.
- Is good for your heart.
- Helps lower stress.
- Helps you to lose weight.
- Helps to lower blood pressure and blood fats.
- Improves energy levels, mood and self-confidence.
- Improves general fitness, strength, flexibility, balance and co-ordination.

What kinds of activities are good for me?

- Activities that get your large muscles moving, and make you breathe harder are the best. Aerobic activities such as walking, bike riding, swimming, dancing, sports and active games are especially good.

- Activities that make your muscles work against a weight (lifting weights or other objects) or against gravity (using bodyweight) are also important and good for you. Resistance activities such as lifting cans of food, squats and wall presses are great examples.
- Most importantly, think of things you like to do to make physical activity more enjoyable. Grab a friend and have a yarn and a walk, play with the kids or walk the dog.

How much physical activity is needed?

- Aerobic activities such as those listed above:
 - Aim for at least 30 minutes every day
 - You can divide this into smaller bouts of activity, for example three 10-minute sessions or two 15-minute sessions.
 - You should be puffing a little bit and may be a bit sweaty, but you should still be able to talk pretty normally.

- If you want to lose weight, doing activity for longer than 30 minutes in a day is better.
- Try to also do some resistance/strength exercises:
 - Aim for at least 2–3 times per week.
 - Choose 8–10 different exercises that use your large muscles (legs, tummy, back, chest and arms).
 - Use your bodyweight or choose a weight you can lift 8–10 times for each exercise.
 - Then repeat this 2–3 times for each exercise, making sure to rest for about one minute between each turn.
- It is important to remember that if you are not currently active, you will need to work up to these levels gradually. For example, start with 2–3 days of activity and then add an extra day in each week until you reach the recommended levels.

Are there times when I shouldn't exercise?

- If you are sick or unwell, it is a good idea to rest and wait until you are feeling better before doing any physical activity.
- If you have any medical conditions make sure to check with your doctor before beginning physical activity and get the ok from them.
- If you're not sure how to perform an activity safely, seek advice from a professional before you have a go at it.
- You might feel tired and not want to go for a walk, but often a walk is just what you need. Being tired is an excuse, not a reason!
- If it is very hot, go out during a cooler part of the day.

The key is to be active and move about more every day!

How do I know if I have diabetes?

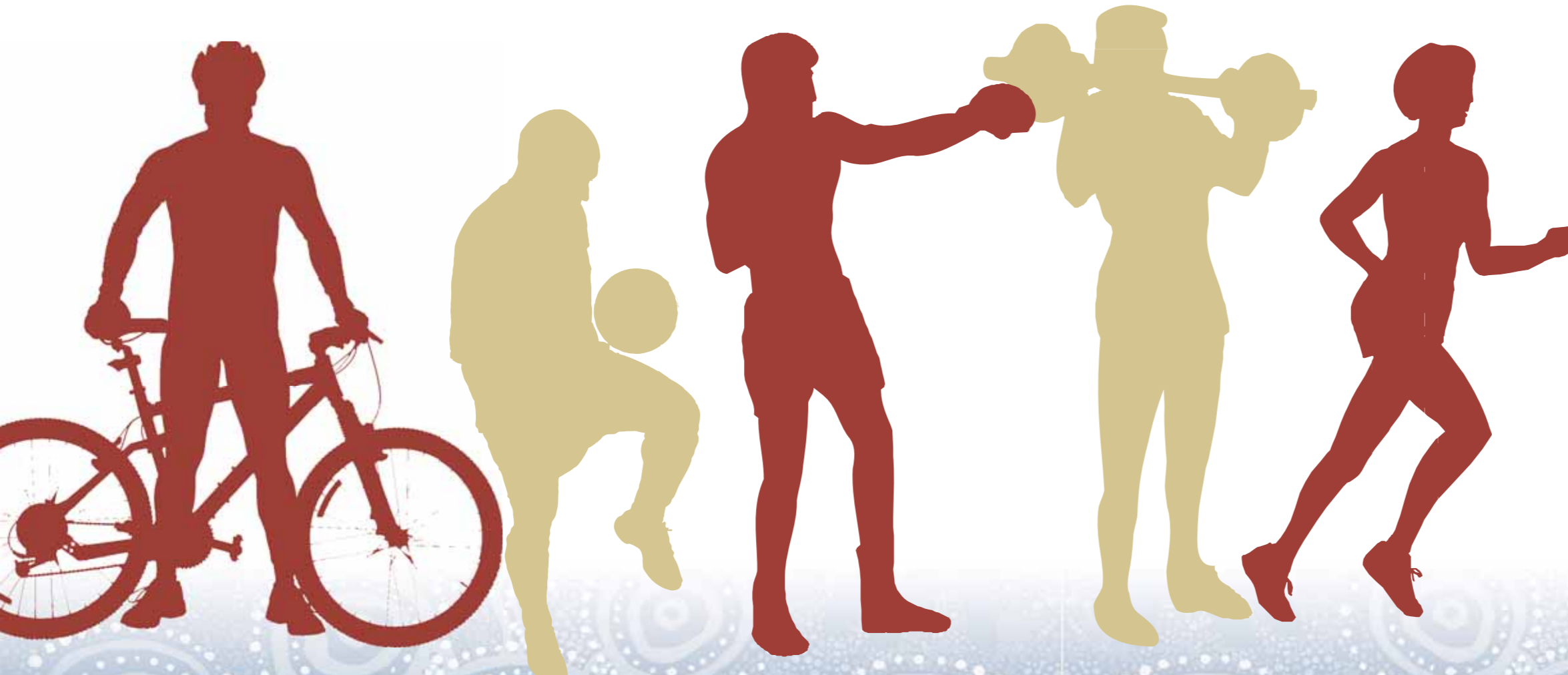
Type 2 diabetes can be silent. People can have diabetes for years before they have any signs. Some of the signs of diabetes can be:

- Increased urination (weeing).
- Excessive thirst.
- Skin infections or rashes that don't go away.
- Blurred vision.
- Tiredness.
- Weight gain or loss.

Don't take a chance!

Don't wait for signs of diabetes to happen before being tested. If you (or your family) have risk factors for diabetes, get tested NOW.

The only real way to know if you have diabetes is to have a proper blood glucose test done. Your doctor can sort this out for you. The test is usually done with blood taken from your arm in a pathology service or clinic.





Diabetes Australia-NSW:

Phone: **1300 136 588**

Websites: www.diabetesnsw.com.au

www.diabeteskidsandteens.com.au

www.diabeteschannel.com.au

www.diabetesdirect.com.au



“Hands on Country”

This painting was created for Diabetes Australia-NSW by artist Chris Tobin, a Dharug man, and a traditional custodian in the Blue Mountains region. In the artist's words: “The central part of this painting represents the relationship of the clan - it's a unity of people looking out for each other while living independent lives.”