

Initial Lifestyle Advice for Diabetes

This leaflet provides some initial advice to support dietary change until you attend a structured diabetes training group or see a Dietitian for more detailed advice.

- Try to maintain a healthy weight.
- Try be active on a daily basis (aim to do 30 minutes of moderate intensity activity such as walking, cycling, swimming on 5 days of the week)
- Eat regular meals. Meals don't necessarily need to be eaten at the same time but it is essential to try to fit regular meals in to your day.
- Portion size is important - Check your food labels and be aware of your portion sizes. Focus on 'total carbohydrate' rather than just sugar (Foods such as bread, rice, pasta, potatoes, cereals, fruit, milk, yoghurts and foods such as cakes, biscuits, crisps, sweets, packet/processed foods all contain carbohydrate).
- Try to choose high fibre (wholegrain / wholemeal) foods.
- Avoid adding sugar to drinks and avoid foods with added sugar.
- Specialist diabetic products are not recommended.
- Limit your intake of processed high calorie, high fat foods
- Aim to eat 5 portions of vegetables, salad or fruit per day.
- Eat less fat. Particularly saturated from animal fats and processed foods high in fat.
- Aim to eat 2 portions (2-3oz/ 60-90g) of oily fish per week (mackerel, pilchards, salmon, sardines and kippers)
- Reduce salt intake.

Authors: Barnsley Dietitians for Diabetes, April 2020.
Review date April 2022.

The following pages offer ideas for simple dietary changes you can make until you attend training or see a Dietitian.

Cut down on added sugar and processed foods

Foods / drinks to limit :

Sugar added to drinks and cereal

Ordinary squash / cordial or pop

Sugar or honey coated breakfast cereals e.g. Frosties, Crunchy Nut Cornflakes, Cocoa Pops

Sweet cakes, fancy biscuits, puddings, sweets and chocolates

Pies, pastries, and takeaways

Better choices:

Try an artificial sweetener e.g. saccharin, aspartame (Canderel) or sucralose (Splenda)

Avoid polyol sweeteners e.g. mannitol, sorbitol and xylitol as they can cause diarrhoea

Wholegrain cereal e.g. 1 sachet of porridge, 2 Weetabix or 2 shredded wheat.

No added sugar squash / cordial or low calorie, / 'diet' / 'zero' drinks

2 plain biscuits, 1 sugar free jelly, 1 medium piece fresh fruit, 1 diet or plain greek yoghurt or tinned fruit in natural juice

Eat Whole Grain Carbohydrates

Foods to limit:

White bread, Wholemeal bread

Cornflakes, Rice Krispies

Mashed potatoes, chips, potato waffles

Better choice:

1-2 medium slices granary, seeded, rye or wholegrain bread

2 Shredded Wheat, Bran flakes, Special K or Whole rolled oat. Check food labels for suggested serving sizes of cereals.

4-5 baby new potatoes or a fist size jacket potato.
Portion size is important because large portions will result in high blood glucose levels

Chair Exercises

WORKOUT @ darebee.com

3 sets | up to 2 minutes rest between sets

www.nhs.uk **NHS** choices



20 chest expansions



20 side arm raises



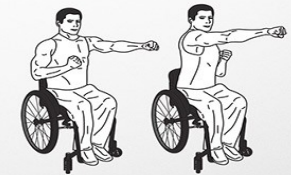
10 dives



10 raised arm circles
5 clockwise / 5 counterclockwise



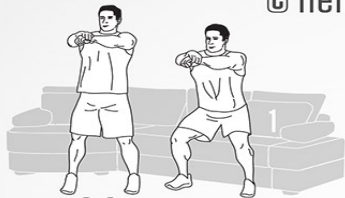
20 overhead punches



20 punches

Sofa Workout

Repeat 3 times | up to 2min rest between sets
© neilarey.com



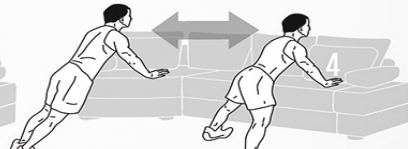
20 half squats



10 sofa dips



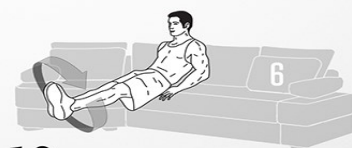
20 climbers



10 side-to-side sofa walks



10 leg raises



10 raised leg circles

www.nhs.uk **NHS** choices

Eat more fruit and vegetables

Try to eat plenty of vegetables and salad. These should make up a third to half of your plate

Have some fruit every day e.g. fresh, frozen or tinned in natural juice. A healthy portion will fit comfortably into the palm of your hand. Portion size is important because large portions of fruit can result in high blood glucose levels

Eat less fat

Foods to limit:

Fried foods and foods coated in bread crumbs or batter

Whole milk

Full fat yoghurts

Better Choices

Grill, bake, roast, microwave or poach meat and fish

Use low fat spreads such as light Bertolli, light Utterly Butterly or supermarkets own brand light olive based spreads. Spread very thinly.

Try semi-skimmed, 1% or skimmed milk

Try diet / light yoghurts such as Müller light, Weight Watchers, Shape or Total 0% natural yoghurts

Eat less Salt

Foods to limit:

Table salt or LoSalt added to foods

Snack foods e.g. crisps, pretzels or salted nuts

Processed foods e.g. tinned/packet sauces or cured meats

Better Choices:

Use pepper, herbs, garlic, vinegar, lemon or lime juice or spices when cooking foods

1 medium or 2 small pieces of fruit or a small portion unsalted nuts (30g)

Homemade sauces or reduced salt products. Opt for vegetables tinned in spring water. Opt for fresh meats more often.

Useful resources

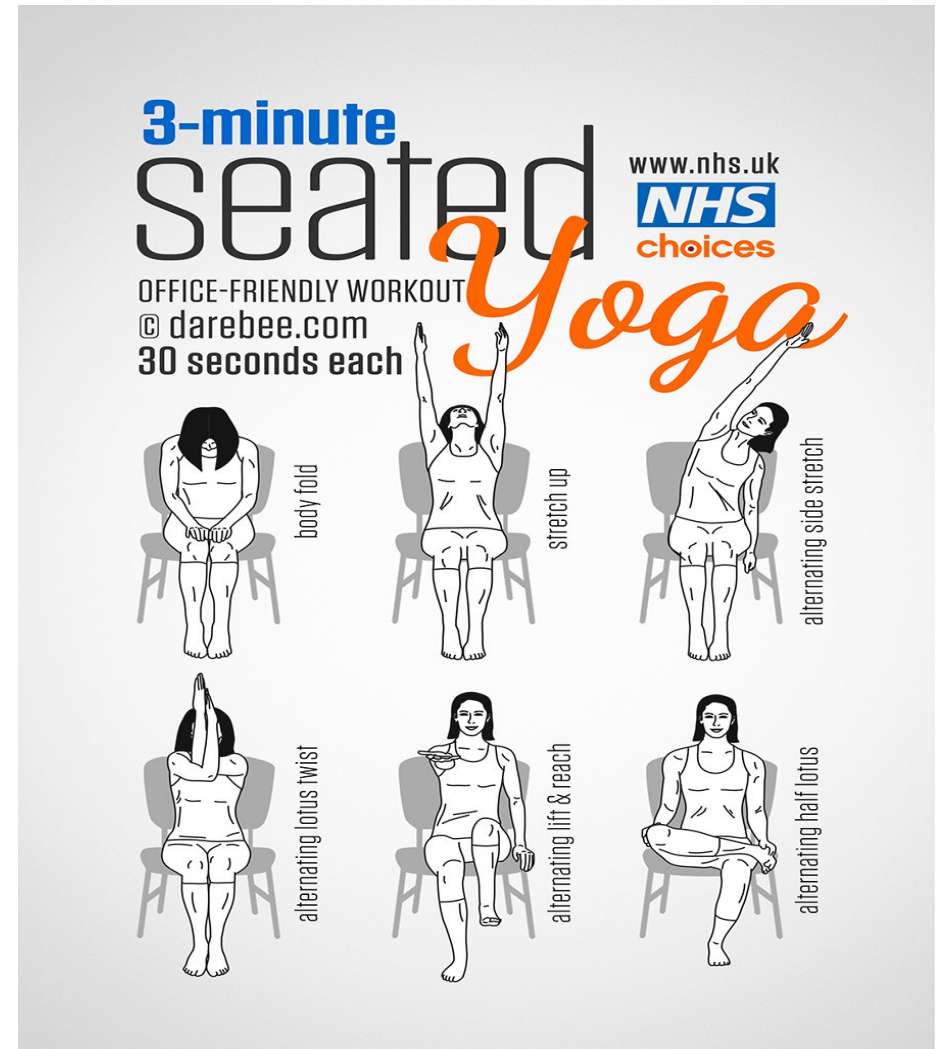
In order to gain control of diabetes, attending training is essential. There is a brief overview of the X-pert programme delivered here in Barnsley - see X-pert Prevention page of this booklet.

In the meantime the following resources have been shortlisted so that you can easily find trusted information that helps you to control your Diabetes.

X-PERT Health

X-PERT Health provide education and information on how to manage diabetes. You can register with them on their website to get access to information and recipes. You can also access their forum where you can ask questions and get additional support.

Website: www.xperthealth.org.uk
E-mail: admin@xperthealth.org.uk



Physical Activity

You can access these exercises and others here:

<https://www.nhs.uk/live-well/exercise/gym-free-workouts/>

pillow workout

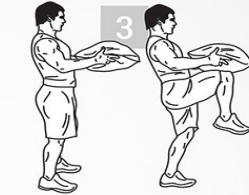
repeat 5 times | up to 2 minute rest between sets
© neilarey.com



20 pillow presses



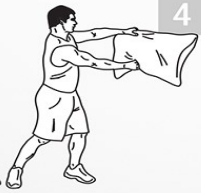
10 pillow squats



10 pillow high knees



20 pillow strikes



20 pillow lunges



www.nhs.uk **NHS** choices

Diabetes UK

Diabetes UK is an established national organisation, providing support and advice to people with diabetes. You can access information, support and recipes on their website. Talk to them via their online chat via their website or for specialist information and advice on all aspects of living with diabetes contact the Helpline.

Helpline: 0345 123 2399

E-mail: helpline@diabetes.org.uk

Website: www.diabetes.org.uk

www.diabetes.co.uk

This is a community of people with diabetes offering their own support and knowledge. You can find information, guides and recipes.

Website: www.diabetes.co.uk

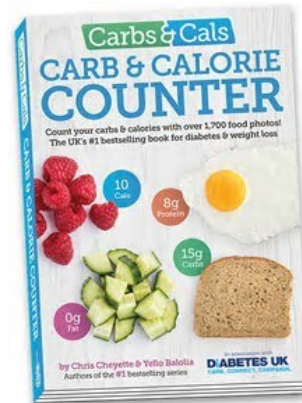
USEFUL BOOK

Carbs & Cals has a bestselling book which can be purchased at most book shops, online and can also be found in the local library.

Explore their website for:

- Information on Diabetes
- Tips on healthy eating, including recipes
- Download the award winning App at:
(Please be aware there are subscription charges associated with this).

<https://www.carbsandcals.com/>



X-PERT Prevention & Management Summary



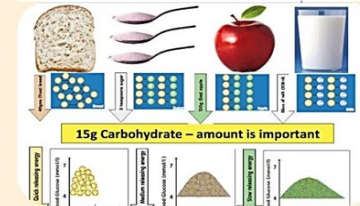
Section 1: What is pre-diabetes and diabetes?

Digestion, carbs and blood glucose control
The 7 lifestyle factors for optimal health
Health results - what do they mean?
Medications for diabetes
Setting goals: my health results



Section 2: Nutrition for health

Energy balance - what is it?
Nutrition for health - food groups/portions
Addressing the myths and misconceptions
Dietary approaches - low fat, Mediterranean, low carb, intermittent fasting, 500kcal deficient
Fat awareness
Setting goals: my dietary approach



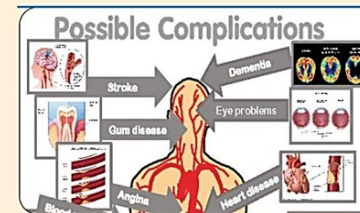
Section 3: Carbohydrate awareness

Carbohydrate and blood glucose levels
Assessing the *amount* of carbohydrate
Considering the *type* of carbohydrate
How good am I at estimating carbs?
What is my daily intake of carbs?
Setting goals: my carb intake

	Low Fat, High Carb Diet	Mediterranean Diet	Low Carb, High Fat Diet
Carbs	To appetite	To appetite	Less than 10g per 100g
Sugars	Less than 5g per 100g	Less than 5g per 100g	Less than 5g per 100g
Fat	Less than 3g per 100g	To appetite	To appetite

Section 4: Food labels and physical activity

Nutritional information on food packaging
The traffic light system & reference Intakes (RIs)
Nutritional claims - what do they mean?
Labelling for different dietary approaches
Physical activity - what, when and how?
Setting goals: my foods and activity



Section 5: Health check and reducing risk

Low and high blood glucose levels
How could diabetes affect my long-term health?
Prevention of complications
Importance of regular check ups
Work, driving, insurance, travel and sick days
Setting goals: reducing my risk



Section 6: Re-capping and the way forward

Recapping with the X-PERT Game
What resources are available to help me?
Revisiting my health profile
Have my needs been addressed?
More confidence to self-manage my health?
Setting goals: my diabetes goals for the future...

For more information: <https://www.xperthealth.org.uk/programmes/>