



10 Ways to Reduce your Risk of Type 2 Diabetes

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THE UK
Diabetes
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hello

There are many factors which may contribute to your risk of developing Type 2 Diabetes. Some of these, such as age, ethnicity and family history cannot be changed. However, the good news is that the most significant risk of developing diabetes can be changed. That risk is your **WEIGHT**. It is thought that up to 85% of cases of Type 2 Diabetes may have been prevented by weight loss.

Eating a healthy, balanced diet is the best way to lose weight and maintain your new weight.

More good news is that the healthy eating tips that I am about to share with you are suitable for the whole family, even those who do not feel that they are overweight or at risk of developing Type 2 Diabetes. They also suit those who have made healthy changes and are just looking to maintain a healthy diet and way of life. So, you have nothing to lose!

tip one



choose higher fibre carbohydrates



Wholegrain carbohydrates such as porridge oats and seeded bread are associated with a lower risk of developing Type 2 Diabetes. Their higher fibre content is also of benefit to your Digestive system and heart, all while keeping you fuller for longer!

Just remember to be mindful of your portion size.

tip TWO



eat plenty of fruit and vegetables



Many of my clients are confused about whether they can eat fruit, as which types are best, due to the natural sugars that all fruit contains.

Fresh fruit is fine to include, and much better than fruit juices, but should be spread out over the day rather than eaten all at one time.

As for vegetables...

**Eat as many
vegetables as you
possibly can – fresh
or frozen!**



tip three

choose low-fat and unsweetened dairy products

Including dairy products is essential in ensuring that your body has enough calcium, which is needed to keep your bones and teeth healthy.

Choosing the unsweetened variety ensures that you do not have too many added sugars in your diet, and the lower-fat options (eg. Semi-skimmed milk) help to keep your cholesterol levels down.





tip four

limit intake of red and processed meat

Red and processed meats such as beef, lamb and sausages are all associated with an increased risk of Type 2 Diabetes. They also have links to heart problems and certain types of cancer.

Instead, try to include lower-fat proteins, such as chicken, turkey, fish, eggs, beans and lentils.

Oily fish, such as salmon and mackerel, contain fat which is thought to protect your heart.

**aim to include oily
fish at least once
per week**



tip five



choose drinks without added sugar



Reducing your intake of sugary drinks will help lower your blood glucose levels, as well as helping to keep your weight down. You can add in some of the diet versions of these drinks if you are finding it difficult to drink plain water (although that is ideal).



tip six

be aware of alcohol limits

Drinking too much alcohol has been linked with an increased risk of Type 2 Diabetes. It is also very high in calories and can easily contribute to weight gain.

To minimise health risks from alcohol, the recommended limit is 14 units per week, spread over several days. One should always try to have some alcohol-free days as well.

14 units is...



7 pints of beer



10 small glasses of wine



tip seven

choose healthier snacks

Snacks are absolutely fine to include, as they can take the edge of hunger and prevent us from eating large quantities at meal times. However, they can also be a major contributor to weight gain and higher blood glucose levels, unless we make nutritionally sound choices. Try to aim for fruit, vegetables, low-fat yogurts or a small portion of nuts.



aim for fruit, vegetables, low-fat yogurts or a small portion of nuts.



tip eight

include healthier fats in your diet

Too much saturated fat in our diet is closely linked with heart disease. Those with or at risk from Type 2 Diabetes are at a greater risk of heart disease, so it is even more important to ensure we reduce our consumption of red meat, butter, cakes, biscuits and pastries (to name but a few!) However, the unsaturated fats have been linked with a reduced risk, so we encourage consumption of oily fish, avocado, nuts and seeds and olive oil. Once again, portion size is crucial as these foods have a high calorie content.



food with healthy fats include oily fish, avocado, nuts and seeds and olive oil



tip nine

cut down on salt



Eating lots of salt can increase your risk of high blood pressure, which can lead to an increased risk of heart disease and stroke. Having high blood pressure has also been linked to an increased risk of Type 2 Diabetes.

Current UK guidelines recommend limiting your intake of salt to no more than 6g (1 teaspoon) per day.

You can help reduce your salt intake by limiting processed foods such as sausages, Ready meals and takeaways contain a lot of salt.

Cooking food from scratch can help you reduce your salt intake – try adding herbs and spices during cooking instead.

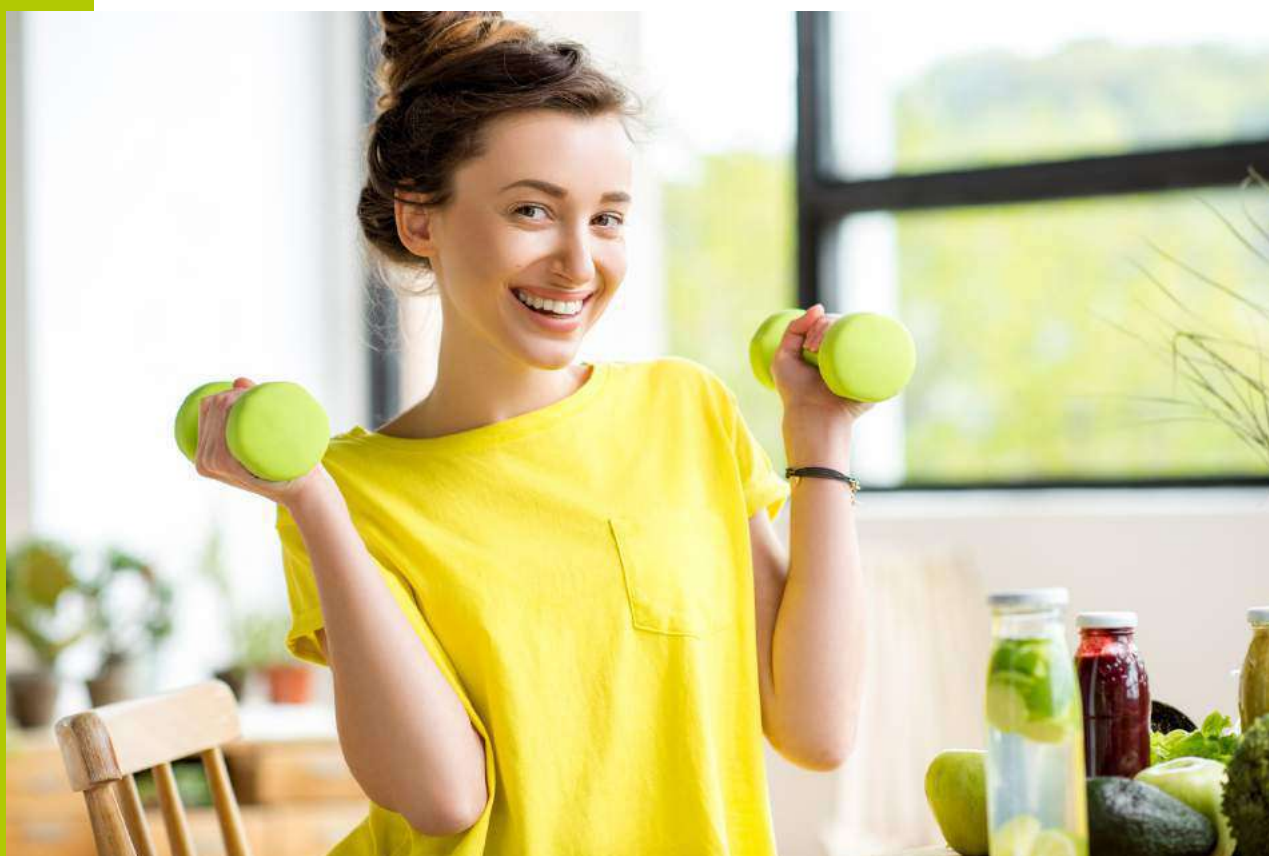
**flavour your food with
herbs and spices
instead of salt!**



tip ten

keep active!

Physical activity is an excellent way to help reduce your risk of Type 2 Diabetes. As well as reducing the glucose in your bloodstream at the time (and possibly for 24 hours afterwards), it also contributes to weight loss, by burning calories. Make sure that you get your heart rate up for a minimum of 10 minutes at a time to give your heart a workout too!



get your heart rate up for ten minutes a day



find out more!

do you need a boost?

Are you fed up with waging a war with your food and your body? Have you been on a diet or two (or so many you've lost count)? Do you struggle to combine your medical issues with a healthy way of eating? Do you eat by the diet rules but feel that nothing works in the long term? Do you struggle with emotional eating?

Would you like to learn about another way?

A way that is medically sound and returns to you all the time, energy and head-space you use trying to control your food and your body? Imagine eating in a way that is healthy, takes into account your medical background and requirements and actually allows you to enjoy food again.

As a registered dietitian I can help you overcome Diabetes and weight related problems and discover a healthier, happier you. Get in touch to find out how we can work together.

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