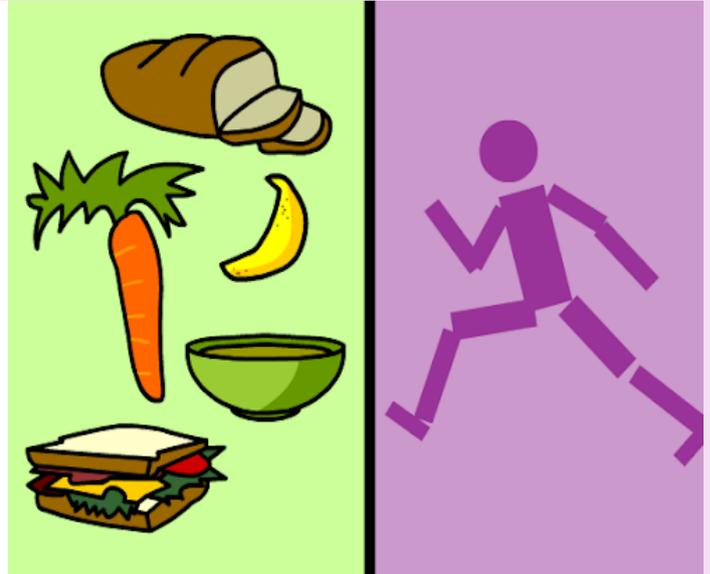


Getting on Top of your Type 2 Diabetes



Ways to improve your diet and exercise more – a medical student's guide

Eating with type 2 diabetes- biggest problems and our top tips

Controlling portion sizes

Controlling your number of calories is crucial in losing weight. Eating more fruit and veg with your meal can help you not overeat on other foods. Try drinking a big glass of water during your meal, and don't eat too fast.

Eating more fruit and veg

Fruit and veg does not always have to be bland. Go to your supermarket, and try a range of different fruit and veg, and see which one you like. You can also try tasty recipes such as guacamole, curried spinach, or cauliflower cheese- more can be found at <https://www.deliciousmagazine.co.uk/ingredients/vegetable-recipes/>

Choosing healthier carbs

Refined carbohydrates such as white rice, bread, pasta and cereals may increase your blood sugars too much. Try alternatives such as whole grains (e.g brown rice) and pulses (e.g lentils and chickpeas). Many supermarkets have rice alternatives such as cauliflower rice.

Choosing healthier fats

Saturated fats like butter/ ghee can increase your cholesterol and increase your risk of heart problems. Try using healthier fats like olive oil and avocado oil. Many supermarkets sell low calorie cooking sprays too- see <https://www.frylight.co.uk/our-range/>

Eating less red and unprocessed meats

Meats like beef, lamb, bacon and sausages can increase your risks of heart problems and cancers: try alternatives such as chicken, turkey, fish or eggs

Avoiding too much salt

Too much salt can raise your blood pressure and increase your risk of a heart attack/stroke: try limiting your salt intake to one teaspoon a day, and avoid salted foods such as salted nuts

Avoiding too much sugar

Cutting out sugars completely is likely to be unsustainable, but try making small changes like having no sugar in your coffee. Try healthier alternatives like low calorie sweeteners (e.g. stevia) and fruit.

Tasty yet healthy meal alternatives!

Breakfast

The Healthy English breakfast (bread with sausages, bacon, eggs, baked beans and mushrooms):

- Swap the white bread for wholegrain bread
- Swap the bacon with turkey bacon
- Make sure the sausage is turkey/chicken
- Swap the baked beans for a grilled tomato
- Keep the mushrooms!



More tasty breakfast recipes can be found on

<http://www.eatingwell.com/recipes/22609/health-condition/diabetic/breakfast/> and

<https://www.diabetes.co.uk/food/diabetic-breakfast.html>

Lunch

The Healthy Burger with chips:

- Try changing the beef patty for turkey or chicken
- Change white buns for wholegrain buns
- Avoid excessive amounts of mayonnaise/ketchup
- Use low-fat cheese
- Keep the veggies in
- Try sweet potato/butternut squash fries.



More amazing lunch recipes can be found on <https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes/healthy-swaps/healthy-swaps-lunch>

Dinner

The Healthy Curry with rice:

- Use fish/chicken/vegetables instead of pork/lamb/beef
- Use healthy oils in moderation (e.g. avocado oil)
- Avoid cream
- Put loads of veggies in!
- Use brown rice/ cauliflower rice instead of white rice



100s of other mouth-watering dinner recipes can be found on <https://www.diabetes.org.uk/guide-to-diabetes/recipes>

Sweet treats

The Healthy Apple pie:

- Keep the pie crust
- Swap the sugar with a sugar-alternative substitute (e.g. stevia)
- Use low-fat milk, and low-fat butter.
- The recipe can be found on www.ontrackdiabetes.com/recipes/dessert/country-apple-pie

From cream cheese swirl brownies to raspberry ice cream, there are so many other amazing diabetic friendly desserts. See

<https://www.tasteofhome.com/collection/diabetic-desserts/>



Exercising with Type 2 Diabetes - biggest problems and our top tips

“I don't have time to do exercise”

You don't need much time to be more active. The NHS fitness studio have some amazing 10-minute workouts ([swww.nhs.uk/conditions/nhs-fitness-studio/?tabname=aerobic-exercise](https://www.nhs.uk/conditions/nhs-fitness-studio/?tabname=aerobic-exercise)). Try being more active during work, like walking up the stairs and standing when you are on the phone. The less time you spend sitting down, the better!

“I find exercise boring”

Exercise can be boring, but there are ways to make it more enjoyable. Listen to music/ a podcast whilst walking/running etc. Try exercising with a friend or member of family as well, swimming or joining a local sports club- rackets sports are great as you only need one other person!

“I don't know what types of exercise to do”

The most important thing is staying active. Things like hoovering/ gardening go a long way into being active. A 20 minute walk a day can also significantly improve your health. When travelling try walking, cycling, or getting off that bus stop one stop earlier. You can also go to YouTube or the NHS fitness studio for lots of amazing workouts.

“I can't physically exercise enough”

Exercising with a medical condition/disability can be tough. As mentioned before, the best thing is to avoid sitting down all day. The NHS fitness studio has specific workouts depending on the condition you have, access the link above!

How your GP can support you

Always remember that you are never alone. Your GP offers local services such as gym referrals and access to dieticians to help you have a healthy lifestyle. Please talk to your GP if you need more information.