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PREDIABETES AND TYPE 2 DIABETES **PREVENTION**

The Nutrition Unit

WHAT IS PREDIABETES?

Prediabetes is when your blood sugar is high but not high enough to be named type 2 diabetes.

DOES PREDIABETES HAVE SYMPTOMS?

No, if you have prediabetes you normally have no symptoms at all.

HOW WILL I KNOW I HAVE PREDIABETES?

Usually a person will find out they have prediabetes following a routine screening.

IS PREDIABETES ITSELF A PROBLEM?

There is good evidence indicating that even the moderately high blood sugars, which occur in prediabetes, are enough to contribute to heart disease.

Also, having prediabetes itself significantly increases your risk of going on to develop type 2 diabetes.

Up to **20%** of people with prediabetes per year may

**DEVELOP TYPE 2
DIABETES.**

CAN I PREVENT TYPE 2 DIABETES FROM DEVELOPING?

Yes you can!

Weight loss and physical activity are the best ways to prevent type 2 diabetes.

This leaflet will tell you how.



WEIGHT LOSS

It is clear that no matter how it is achieved (diet or exercise), weight loss is the most important thing to help prevent type 2 diabetes. We will give some ideas here - but any diet or routine which helps you eat less will help you lose weight.



REDUCE JUNK FOOD & TAKEOUTS

Lots of people get meals every day from restaurants, fast food outlets and cafes. The problem with these establishments is that they offer larger portion sizes (larger than you might eat at home), and are often high in sugar and fat.

Try to reduce the number of times you eat from these establishments per week. Or you could also choose a main dish, and share it between two people, and then have a side salad.



REDUCE SUGARY DRINKS

Sugary drinks are problematic as they carry lots of calories (probably more than you think!)



but they are not very satisfying. The best advice is to have sugary drinks only on special occasions - consider them a treat:



LEMONADES



COLAS



FRAPUCCINOS



FRUIT JUICES



SMOOTHIES



MILKSHAKES




REPLACE SOME STARCHY FOODS WITH VEGETABLES

Starchy foods such as bread, rice, pasta, cereals and potatoes are easy to eat in excess. By replacing 1/3 or 1/2 of your starchy food intake with vegetables or salad will help you reduce your calorie intake without feeling unsatisfied.



LOW CARBOHYDRATE DIETS

This is a diet which eliminates added sugar and starchy foods. It can be a good way to lose weight and help control blood sugars.

			
	BREAD		EGGS
	CEREALS		CHICKEN
	PASTA		FISH
	RICE		MEAT
	POTATOES		YOGURT
	SWEETS		SALAD

INTERMITTENT FASTING

This is a way of eating in which you limit what you eat or even fast at certain times. For example, some people choose to eat lightly or not at all once or twice a week. Others might only eat during certain times of the day for example from midday to 6 PM. This type of eating helps people to limit the amount they are eating.

MEAL REPLACEMENTS

Some people find that replacing one or all meals per day with a meal replacement product (i.e. protein shake) can help them lose weight. For most people, this is done short term before returning to a healthy and low calorie food-based diet.

PHYSICAL ACTIVITY

Physical activity can help prevent type 2 diabetes because it can also help weight loss and weight loss maintenance. However, the good news is that, even if a person does not lose weight, physical activity can still help prevent type 2 diabetes.



WHAT TYPE IS BEST?

We do not know what the best type of exercise for preventing type 2 diabetes is, but we do know that any amount and type will help. So you can walk more often, run, lift weights, do yoga, go dancing - all and any movement will help!



I AM EXERCISING BUT NOT LOSING WEIGHT!

First of all do not worry - exercise can help prevent type 2 diabetes even if you do not lose weight. Also, exercise can increase the amount of muscle mass. This is helpful because muscles burn a lot of sugar which can then keep your blood sugar better controlled. However, muscle weighs more than fat so, in fact, you may be losing fat but gaining muscle. This is a good thing - the best measure of success is whether your waist is getting smaller, and clothes looser!

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