



# Reduce your risk: **it's up to you**

**Aboriginal people 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 disease that 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.

## **Healthy eating**

- Eat more fruits and vegetables, breads and cereals
- Try to eat fruit or vegetables at most meals.
- Snack on fruit during the day – try to eat 2 pieces every day.
- Aim for 5 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 wheat biscuits, porridge or bran cereals.



### Choose high fibre slow energy release foods:

- Sweet corn, taro and sweet 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).

### Eat less sugar

- Avoid regular sweet drinks – drink plain water
- Use diet cordial or diet soft drink for a change.
- Don't eat chocolate, lollies, biscuits and cakes every day.

### Drink plenty of water

- Aim to have at least 8 cups of water a day.

### Lose weight

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

Portion size is very important for a healthy weight 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.

## An Example Meal Plan

### Breakfast

- 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

### Lunch

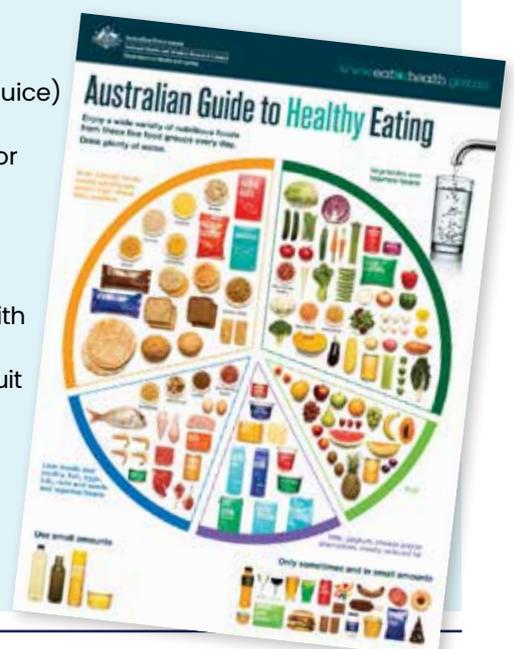
- 2 slices bread or 1 bread roll (multigrain is better) with salad and a small serve of lean meat, skinless chicken, canned fish in springwater or low fat cheese AND
- Fruit or 100–200g low fat yoghurt

### Dinner

- Small amount of lean meat, chicken or fish (no bigger than the size of your palm) 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
- 1/2 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.





## Healthy Shopping List

| Try these:  | Instead of:  |
|---|--|
| <ul style="list-style-type: none"> <li>Plain water is the best drink. For an occasional change try diet or low-joule cordials. Limit fruit juice to half a small glass (125mls) per day.</li> </ul> | Soft drink, cordials, fruit juices, sports drinks and energy drinks in large amounts |
| <ul style="list-style-type: none"> <li>Fresh fruit</li> </ul>   | Sweet lollies, mints, chewing gum, chocolates, health bars                           |
| <ul style="list-style-type: none"> <li>Small amounts of: No added sugar gum, Sugar free lollies</li> </ul>  |  |
| <ul style="list-style-type: none"> <li>Wholegrain or fruit bread, low fat high fibre crackers, small fruit scones</li> </ul>  | Cakes, pastries, doughnuts   |
| <ul style="list-style-type: none"> <li>Avocado, light cream cheese spread, poly or monounsaturated margarine like olive, canola or sunflower</li> </ul>   | Butter   |
| <ul style="list-style-type: none"> <li>Low fat or skim milk Powdered skim milk (made according to instructions)</li> </ul>  | Full cream milk  |
| <ul style="list-style-type: none"> <li>Lean meat like leg ham, kangaroo, chicken breast, (trim fat off meat before cooking), canned salmon or tuna in springwater</li> </ul>                        | Sausages, bacon, devon, fatty meats  |
| <ul style="list-style-type: none"> <li>Reduced fat mince; kangaroo, beef, chicken or pork</li> </ul>  |  |
| <ul style="list-style-type: none"> <li>Small amounts of reduced fat cheese</li> </ul>   | Full fat cheese  |
| <ul style="list-style-type: none"> <li>Toasted sandwich, lean meat roll or a wrap with lots of salad, sushi</li> </ul>  | Pastries, pies, high fat takeaways (Don't eat everyday)                              |
| <ul style="list-style-type: none"> <li>Raw vegetables, plain popcorn, low fat high fibre crackers, rice cakes</li> </ul>  | Chips, corn chips and crisps   |
| <ul style="list-style-type: none"> <li>Grilled, baked, steamed, microwaved or cooked in a non-stick pan food</li> </ul>   |  |
| <ul style="list-style-type: none"> <li>Small amounts of canola, sunflower or olive oil are OK</li> </ul>  | Fried foods  |
| <ul style="list-style-type: none"> <li>Try spray oil</li> </ul>   |  |
| <ul style="list-style-type: none"> <li>Fruit bread or wholegrain toast</li> </ul>   | Sweet biscuits, Cream biscuits, chocolate biscuits                                   |
| <ul style="list-style-type: none"> <li>Low fat fruit filled biscuits occasionally</li> </ul>  |  |
| <ul style="list-style-type: none"> <li>Fresh fruit</li> </ul>   |  |
| <ul style="list-style-type: none"> <li>Low fat yoghurt (preferably unsweetened)</li> </ul>  | Desserts, Fruit pies, puddings, ice cream, cakes                                     |
| <ul style="list-style-type: none"> <li>Low fat ice cream occasionally</li> </ul>  |  |
| <ul style="list-style-type: none"> <li>Canned fruit in natural juice</li> </ul>   |  |

## Physical activity

### 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.

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

## How much physical activity is needed?

- Aim for at least 30 minutes daily.
- 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.

## When I shouldn't I 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.

## 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.

## 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 arrange this for you. The test is usually done with blood taken from your arm in a pathology service or clinic.



### "Hands on Country"

This painting was created for Australian Diabetes Council 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."

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