

Name: \_\_\_\_\_  
Name of Doctor/Nurse: \_\_\_\_\_

Date: \_\_\_\_\_

# Eat well

## Reduce your risk of type 2 diabetes

Research has consistently shown that for some people, combined lifestyle interventions - including diet, physical activity and sustained weight loss - can be effective in reducing the risk of type 2 diabetes by about 50%. So if you're at risk, it's important you seek support to take steps to manage your weight, eat well and be active. This information sheet gives you some tips that will help you eat a healthier diet, while still enjoying food.

Top tips for eating well to reduce your risk of **type 2 diabetes**:



### Choose drinks without added sugar.

Cut down on full sugar fizzy and energy drinks and choose diet or low calorie versions with no added sugar. Try not to choose fruit juices or smoothies as these contain a high amount of free sugar.



### Choose higher fibre carbohydrates.

Choose wholegrains such as brown rice, wholewheat pasta, wholegrain bread and oats. Include other healthy sources of carbohydrates such as fruits and vegetables, pulses, and dairy foods like unsweetened yogurt and milk.



### Cut down on red and processed meat.

Choose healthier sources of proteins instead such as chicken, turkey, fish, eggs, unsalted nuts and pulses like kidney beans, chickpeas and lentils.



### Eat more fruit and vegetables.

We should all aim for at least five portions a day. Try apples, grapes, berries, green leafy veg such as spinach, kale, watercress and rocket.



### Choose unsweetened yogurt and cheese.

Dairy products like yoghurt and cheese have been linked with a reduced risk of type 2 diabetes, choose unsweetened options like plain natural or Greek yoghurt, and plain milk.



### Be sensible with alcohol.

That's a maximum of 14 units per week and these units should be spread evenly

over 3-4 days. Remember alcohol is high in calories so think about cutting back further if you are trying to lose weight.



### Choose healthier snacks.

If you want a snack, go for things like unsweetened yoghurts, unsalted nuts, seeds, fruit and vegetables. But keep an eye on your portions as it'll help you manage your weight.



### Include healthier fats.

Unsaturated fats from olive oil, sunflower oil and rapeseed oil are better for your heart. Omega 3 fat, found in oily fish like mackerel and salmon, is linked to a reduced risk. Aim to eat two portions of fish a week, including one oily fish.



### Cut down on salt.

Try to limit salt intake to 6g or less a day. Most of the salt we eat comes from processed foods so try to cut back on pre-prepared foods. Flavour your foods with herbs and spices instead of salt.



### Getting vitamins and minerals from food instead of tablets.

We don't have the evidence to say you can reduce your risk of type 2 diabetes with certain vitamins or supplements. You should generally get all the vitamins and minerals you need by having a varied and balanced diet, although some people may need to take supplements such as folic acid prescribed for pregnancy.

## Agreed action plan

**My personal goal is:**

**To be achieved when:**

**The two steps that I will take to achieve this are:**

(Discuss and agree with your doctor or nurse. Think about what, where, when and how?)

1

2

For information or support, call Diabetes UK Helpline: **0345 123 2399\*** Monday to Friday, 9am-6pm, or go to **www.diabetes.org.uk/info-risk**