

Prediabetes

online programme



Waterside PCN

Created by the Waterside Primary Care Network
Health and Wellbeing Team

Part 8 – Keeping a healthy lifestyle going

Part 8 content:

- What have you learnt – fun quiz
- Behaviour change and goal setting
- The stages of behaviour change
- Goal setting
- Maintaining a healthy lifestyle is the key
- Tips for healthy eating going forward



Waterside PCN

Q U I Z
T I M E

Test your knowledge!

Which organ produces insulin?

Which is the stress hormone?

How many calories are in 1g of carbohydrate?

What is insulin resistance?

What risk factors of type 2 diabetes can we change?

What is cholesterol?

Did you get
them right?

Pancreas

Cortisol

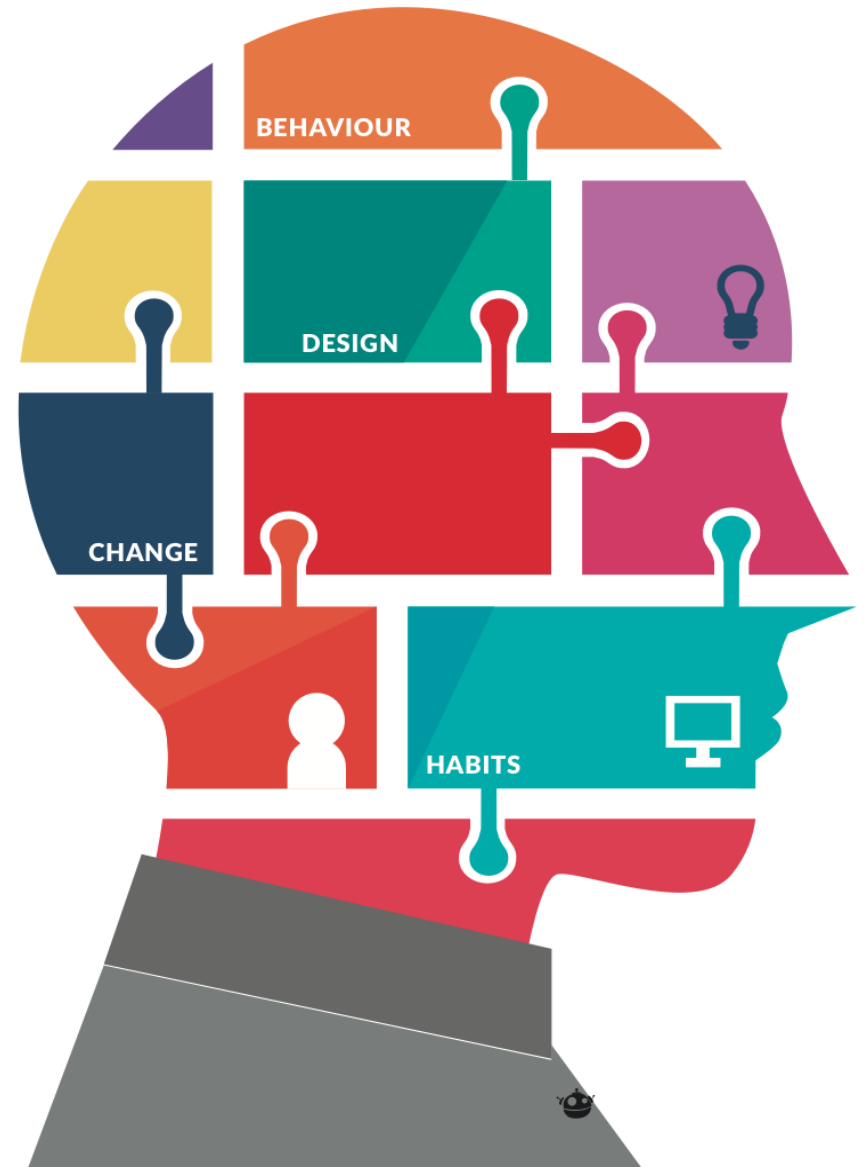
4 calories

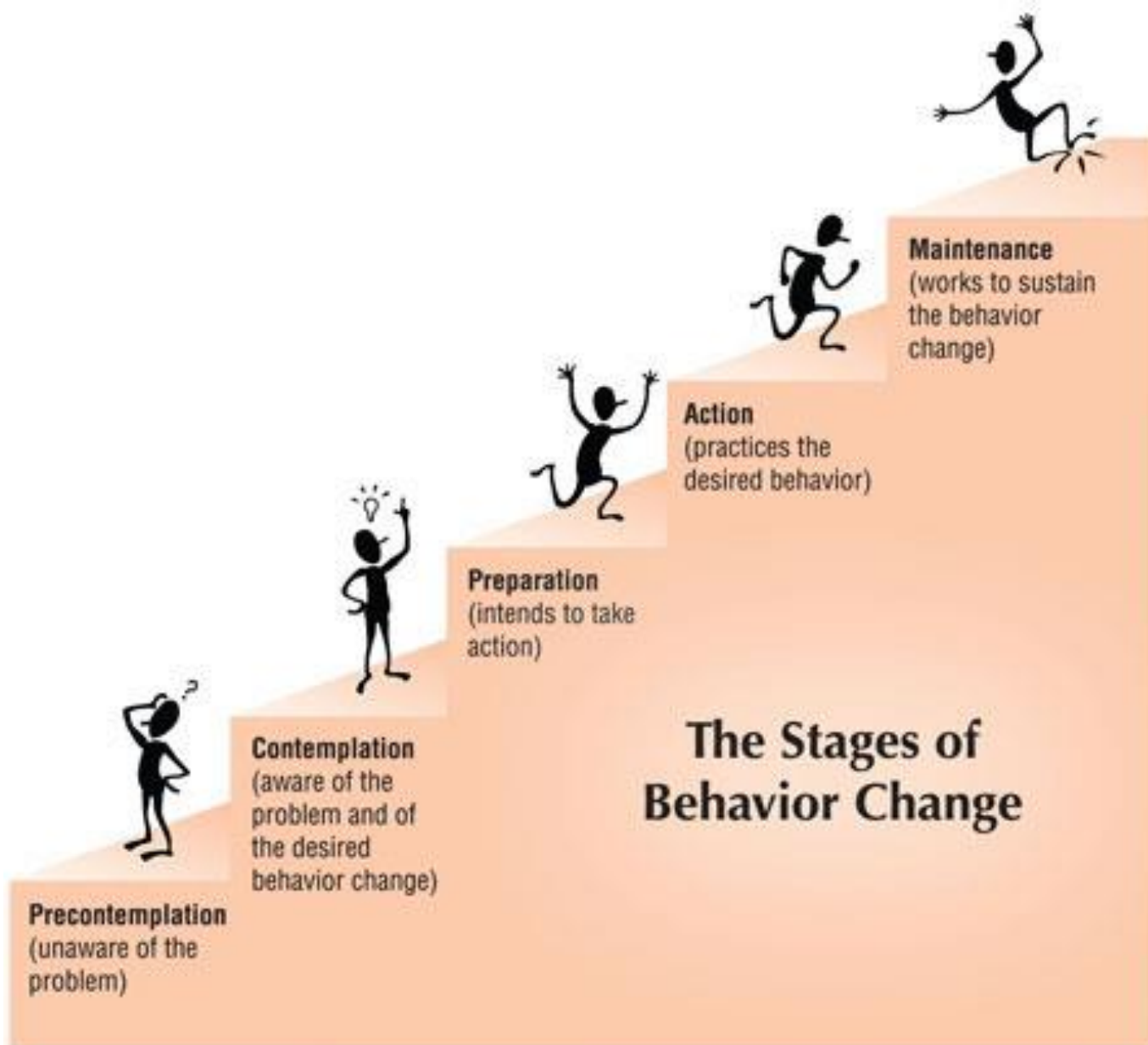
When body cells DO NOT respond
to insulin

Weight, physical activity and diet

A type of blood fat

Behaviour change and goal setting





SMART goals

Specific

- What exactly do you want to achieve?
- Who, what, where, why?

Measurable

- How can you measure your progress?

Achievable

- How will you achieve this goal? What steps do you need to take to accomplish this?

Realistic

- Is this something you are able to achieve?
- What obstacles may you face? How can you overcome them?

Time bound

- When do you want to achieve this by?



Maintaining a healthy lifestyle is the key



Healthy swaps - cereal switches

A healthy, satisfying breakfast can make a big difference. But some traditional breakfast foods are packed with sugar and fats.

Although the packaging may make some cereals, like granola and cereal clusters appear healthy, they are often full of added sugars (also known as free sugars) and unhealthy fat. Some children's cereals also have a lot of free sugar.

Instead, why not switch to porridge? Porridge oats or the instant variety are both fine - just avoid those with added free sugars like honey and golden syrup.

Wheat biscuits, shredded wheat or muesli (with no added sugar) are also great alternatives. For sweetness, add chopped fruit.



Tips for healthy breakfasts

- Switch from white toast to wholegrain versions like seeded batch bread, multi-seed, granary, soya and linseed. These are better for your diabetes and digestive health. They're more filling, too.
- Instead of jam try mashed banana. Other healthy choices are low-fat cheese, cottage cheese with a couple of fresh chopped dates, or nut butter (make sure the one you buy doesn't have any additions like sugar or palm oil) and chopped banana.
- Try to keep croissants, pastries and muffins as an occasional treat.
- Try to limit the amount of oil when cooking. Cook with unsaturated vegetable oils, such as sunflower, olive or rapeseed, instead of butter or ghee.
- Add extra fruit and veg to bump up your fiber intake wherever you can. Add berries, dried fruit or half a banana to your cereal, or grilled tomatoes to eggs on toast.



Try eggs for breakfast

Eggs provide us with protein and other important nutrients, so they are a great breakfast to have.

You should be eating some food from the protein group as part of your healthy balanced diet.

Some people may have concerns about incorporating eggs into their diet, research shows that the cholesterol in eggs does not significantly affect the level of cholesterol in your blood.

Breakfast drinks

Even pure fruit juices and smoothies contain free sugars, and it's easy to consume a lot in one go. It's better to eat whole fruit and veg, but if you do have a juice or smoothie, limit the portion to 150ml once a day and try making your own.

If you're buying coffee on the go, be on the lookout for added syrups and purees, which contain a lot of free sugars. If you're not sure, ask the server to tell you what ingredients are used in your favourite drink.





Healthy swaps for lunch

With a little planning you can look forward to your packed lunches and enjoy a tasty, nutritious meal rather than a dried-out sandwich.

By choosing something from the four main food groups at each meal you can be sure your meals are healthy and well balanced.

- starchy carbs (bread, pasta, rice, potatoes)
- fruit and veg
- protein-containing food (lean meat, fish, eggs and beans)
- milk and dairy food (low-fat yogurts)..

Lunches on the go

Whether you take your lunch to work or eat on the go, here are some top swaps and ideas for healthy, balanced lunches.

- Swap a canned drink for a diet version and save around six tsp sugar.
- Cut back on fat by choosing baked crisps as a healthier alternative to fried.
- Choose a two-finger chocolate wafer biscuit, rather than a standard chocolate bar, and save on both fat and calories.
- Open sandwiches reduce calories and fat by using half the amount of bread.
- Pack a few bread sticks, carrot batons, sticks of cucumber, peppers, and reduced-fat hummus for a tasty snack. That way you won't be tempted to reach for the office biscuits.
- Fruit is always a good idea for desserts. Try different types to add variety to your lunch. Bring in a few and keep on your desk to help you meet your five a day.



Tips for healthy eating if you are at risk of type 2 diabetes

Lots of factors can contribute to someone being at risk of, or diagnosed with type 2 diabetes.

Maintaining a health lifestyle is the key.

Tips on healthy eating could help reduce your risk of developing type 2 diabetes. Click the link below for further advice and tips.

<https://www.diabetes.org.uk/preventing-type-2-diabetes/ten-tips-for-healthy-eating>



**Well done, you have completed the course,
keep up the good work!**