

Diabetes Diabetes

Live
Live

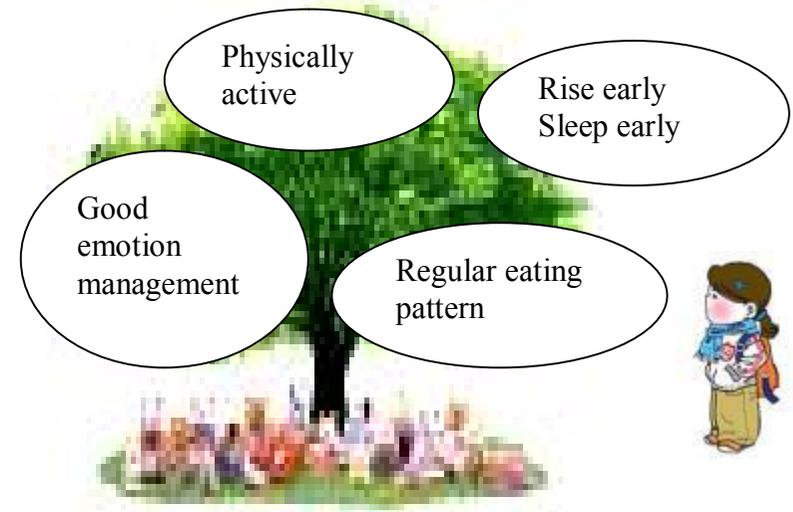


Happily
Happily

Diabetes . . .

is the disorder which affects the metabolism of your body and prevents the glucose from your food being absorbed into your body's cells resulting in high blood glucose. The reasons are either the hormone, insulin cannot function well in the body or the pancreas cannot produce enough insulin. The long term effect of uncontrolled high blood glucose can affect our eyes, heart, kidney and nerves. However, healthy eating, exercise, maintaining a healthy weight and proper medication (if required) can stabilise the blood glucose and decrease the risk of complications associated with it hence increasing the quality of life.

Tree of life- balance of living style



Back to the past...Chinese lifestyle in Ancient times

1. Traditional Chinese diet-Low fat and high fibre diet

Type of foods:

- **High** intake of vegetables
- Adequate intake of fruits
- Lean meat, tofu, fish, and variety of beans
- Brown rice, wholemeal bread



Cooking methods:

- ✓ Remove the visible fat during the preparation
- ✓ Using cooking methods such as baking, grilling and steam cooking to replace stir-fry and deep frying



- ✓ Choose mono-/poly unsaturated fat e.g. olive oil, safflower oil, soybean oil and sunflower oil.
- ✓ Use small amount of oil during preparation and cooking. (approximately 1tsp /person)

2. Food choices

Every food has different rate of digestion and absorption, so it has different effect toward blood glucose. Factors that can affect these rates include:

- Fibre content of the food
- Type of carbohydrate of the food and
- How the food is processed

The food that contains **higher** fibre content and is **less** processed & is digested and absorbed more slowly than the food with lower fibre content and more processed. As the result, there is a **slower** rise in the blood glucose.



Food choice suggestion:

Grain Bread Bean/lentil	✓ Oat, barley, wheat and bran
	✓ Use Basmati rice or Dongara rice to replace short grain
	✓ Bread made with whole grains, barley and wheat bran
	✓ Beans or lentils. Beans are high in fibre. Eating them daily can help with blood glucose control and reduce cholesterol
Vegetables and fruits	✓ Noodles, vermicelli are more slowly digested than rice and therefore help manage blood glucose
	✓ Vegetables and fruits especially the skin have high fibre content. ✓ Choose different colours and a wide variety of fruit and vegetables

The balance proportion of food groups in a meal:



Prepare the right amount of foods:

Starchy food- Approximate amount corresponding to the size of the eater's fist

Meat- Approximate amount corresponding to the size of the eater's palm



- If you have a good sense of being empty or full: 70% of fullness feeling at the end of the meal is the best
- Eat slowly, as this will prevent you from over eating and helps in digestion as well.

2: Maintain healthy weight



Healthy weight is the key to diabetes control. The extra fat in your body will decrease the effectiveness of insulin working in your body. Particularly the fat on your waist will increase the risk

of heart disease and diabetes.

Healthy waist circumference:

Men < 90cm

Women < 80 cm



3. Exercise

Exercise can help you

- | | |
|------------------------|--------------------------------|
| Increase your strength | Control your weight |
| Strengthen your heart | Decrease your blood pressure |
| Decrease blood glucose | Improve your sleep |
| Decrease your stress | Strengthen your bones |
| Improve your mood | Improve your blood circulation |

What exercise can I do?

Type: Aerobic exercise is the best for burning fat- this is exercise that consumes oxygen. For example:



Speed: able to talk but unable to sing.

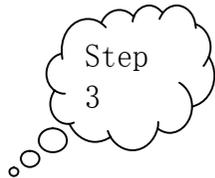
3 steps of exercise:



Find an exercise that you enjoy and that suits your health condition.



Start small and build up slowly to 30 minutes each day



Maintain regular moderate exercise for at least 30 minutes each day.
(3 x 10 minutes brisk walks in the day still benefits the body)

Suggestions for safety & exercise:

- If you are on some diabetes medication, regular exercise can cause low blood glucose. If this happens to you, you may need to see doctor for readjusting your medication
- If you have not done exercise for a long time or you have other illnesses consult your GP first before starting any exercise.
- Drink plenty of water

Overcome the barriers. . .

Do you feel that your are too **busy**?

- You can incorporate exercise into your daily life. e.g. use the stairs instead of the lift, walking to work/ walk briskly to the shop
- You don't have to spend hours in exercise each time, the most effective way is to have **regular** moderate exercise on most days of the week

Do you feel that you don't have enough strength and **weak**?

- You can do simple exercise like walking. Start small and keep going. Regular exercise will increase your strength quickly.

Do you feel that you are lack of **motivation**?

- Find someone to keep you company
- Combine exercise with something else you enjoy. For example: if you like to socialize, you can sign up for group programs that suit your age category eg: Tai Chi class, dancing class, or simply go walking with your co-worker at lunch time.
- Find a goal that will motivate you. For example, live longer or having a strong body. Remind yourself of that goal daily especially while you are struggling to do exercise.

Reminder: Maintaining healthy eating and regular exercise can be hard. However, never underestimate the differences that you can make to your diabetes management. Every single small improvement of your blood glucose or blood pressure will help in reducing the risk of the complications associated with diabetes.



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