

Do you need to lose some weight?

a guide for women with diabetes

In Australia, nearly half of all women are overweight. Being overweight is strongly associated with type 2 diabetes and losing weight can make it easier to manage.

The most effective way to lose weight and keep it off is to make long-term changes to your lifestyle, most importantly by eating healthily and taking regular physical activity.

Regular physical activity

Here's a few tips to help you to be more active every day.

- To lose weight you need to do at least an hour of moderate exercise such as walking, bicycling or swimming every day.
- Consider joining a formal activity program or group and take 'time out' for yourself.
- Increase your daily activity by walking or cycling to get the milk or morning paper instead of driving and, if possible, walk to work, the shops or when visiting friends.
- Ask Diabetes Australia for a free copy of their information sheet *Physical Activity and Type 2 Diabetes*.

How to eat healthily

The following list gives the basics to help you plan a healthy eating menu.

- Eat at least three regular meals each day. If you snack between meals choose one serve of low fat carbohydrate food (eg: 1 tub low fat yoghurt, 1 piece of fruit, 2-3 crispbreads).
- Choose wholegrain or wholemeal breads (one serve is 2 slices of bread or 1 bread roll).
- Eat cereals in moderation at meals such as 1 cup of rice, pasta or high fibre breakfast cereal (eg: porridge, untoasted muesli).
- Have at least two pieces of fruit each day.
- Have at least five serves of vegetables each day (one serve is 1/2 cup of cooked or 1 cup of salad).
- Limit fats and oils in cooking. Avoid deep fried foods and try grilling, steaming or stir-frying. Use a non-stick pan and an oil spray if needed.
- Always use lean meat or skinless chicken.
- Include fish or vegetarian substitutes (eg: tofu, unsalted nuts, beans, peas or lentils).

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- Use reduced fat milk, low fat milk or low fat soy drink.
- Take small serves (eg: 40g) of low fat cheeses such as cottage, ricotta and low fat sliced cheeses.
- Take moderate amounts of low fat yoghurts such as 'Light' or 'Diet' varieties.
- Avoid lollies, chocolates, biscuits, and pastries.
- Avoid processed snack foods (eg: crisps and chips), takeaway and other high fat convenience foods.
- Drink water for thirst and diet cordials or diet soft drinks for variety.
- If you drink alcohol, try to have no more than 2 standard drinks each day (4 standard drinks for men) and aim for at least 2 alcohol-free days a week. A standard drink is equivalent to a middy (285mL) of beer, a small glass (100mL) of wine or a nip (30mL) of spirits.
- Eat slowly and enjoy each mouthful. Avoid eating while doing other things, such as watching television or reading.
- Try to identify the times when you eat but you're not hungry, such as when you're bored, tired or upset. A walk can be a helpful distraction.

For more advice, contact your local Accredited Practising Dietitian (APD) or talk to your doctor.

Sample meal plan to help you lose weight

(approx 5500 kJ/1300 calories per day)

Sometimes it can be difficult to know exactly what to eat and how much to have. To help you, we have developed this sample meal plan.

Substitute different foods you like from the same group for variety and make sure you eat the number of serves shown each day so you get all the nutrients you need.

Remember that these are suggestions only to help you get started until you visit a dietitian for more specific advice about what's best for you.

Foods in *italics* contain carbohydrates.

Breakfast

1 cup *cereal* OR 1 cup cooked *porridge* OR 1/2 cup untoasted *muesli*

OR 2 slices grain *toast*

1 cup low fat *milk/soy milk* OR 1 tub of low fat *yoghurt*

1 piece of *fruit* OR 1 cup of canned/stewed *fruit*

Morning tea

1 slice *bread* OR 2 *dry biscuits* with a scrape of poly margarine and fruit spread

Water, diet cordial, diet soft drink, tea/coffee

Lunch

1 sandwich on 2 slices grain or wholegrain *bread* with a scrape of poly margarine

1 cup salad vegetables (eg: lettuce, tomato, cucumber) and oil free dressing (if desired)

1 piece *fruit* OR 1 cup canned/stewed *fruit*

Water, diet cordial, diet soft drink

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Afternoon tea

1 piece of *fruit* OR 1 tub of low fat *yoghurt*

Water, diet cordial, diet soft drink, tea/coffee

Dinner

1 cup cooked *rice/pasta/noodles* OR 1 medium *potato* or *sweet potato*

1/2 cup cooked dried *beans/peas/lentils* OR 1 fish fillet OR 90g lean cooked steak

2 cups cooked vegetables (eg: beans, broccoli, carrots, cauliflower, zucchini, spinach)

1 200g tub low fat *yoghurt* OR 1 cup low fat *milk* OR 1 cup low fat *custard*

Low joule jelly if desired

Extra snippets of information

- Use herbs, spices, garlic, chilli, lemon juice, vinegar and sauces to add flavour without fat.
- Eat a variety of different foods within each food group.
- Have the occasional treat and enjoy it.
- MOVE MORE : daily physical activity helps you to lose weight and control your blood glucose.

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Website: www.diabetesaustralia.com.au

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