

# Nutrition



The essence of good nutrition lies in the individual's approach to food. The reasons why we eat are just as important as what and when we eat! Eating healthy is also a state of mind!

Everybody knows the 2 fruit and 5 veg campaign, but just as important is the Healthy Eating Food Tables contained below – check them out to see if you are getting the right food in your diet.

# Diabetes

| EAT MOST   | FOODS  | TIPS  |
|--|--|---|
| <p><b>Breads and Cereals</b><br/><i>Nutrient value:</i> Low fat, high fibre foods containing starch, some protein, vitamins B1, niacin, folate and vitamin E, and the minerals iron and zinc.</p>  | <p>These include bread, rolled oats and ready-to-eat wholegrain breakfast cereals (such as Weet Bix, puffed wheat etc.), rice, pasta and barley. Also, bagels, pita bread, focaccia, fruit bread, crumpets, pikelets and scones.</p> | <p><i>Include some of these foods in all your meals and snacks.</i></p>   |
| <p><b>Vegetables and Fruits</b><br/><i>Nutrient value:</i> Low fat, high fibre foods, rich in vitamin C and beta carotene (used by the body to make vitamin A), folate, and vitamin E and the mineral iron.</p>                              | <p>Fruit and vegetables can be fresh or frozen. Canned and dried foods can be used as a convenient alternative if the others are unavailable.</p>  | <p><i>Enjoy a variety of fruits and vegetables with all your meals and use fresh fruit for snacks.</i></p>  |
| EAT MODERATELY   | FOODS  | TIPS  |
| <p><b>Lean Meat, Chicken, Fish, Eggs and Nuts</b><br/><i>Nutrient value:</i> High protein foods which also contain significant amounts of fat.</p>   | <p>Choose varieties with less fat (e.g. lean meat and skinless chicken).</p>   | <p><i>Include 1 or 2 servings each day.</i></p>   |
| <p><b>Milk, Yoghurt and Cheese</b><br/><i>Nutrient value:</i> Protein and variable amounts of fat. The vitamins riboflavin, B1, niacin and vitamin A (less in reduced fat and low-fat varieties) and the minerals calcium and some zinc.</p> | <p>Soy beverages, with added vitamins and calcium, such as "So Good" are suitable as a substitute for milk.<br/>One serving:<br/>- 1 glass (250 ml) milk or "So Good"<br/>- 1 tub (200 gm) yoghurt<br/>- 40 gm cheese</p>            | <p><i>Include 2 or 3 servings of these calcium rich foods daily.<br/>Women are advised to use 3 servings because of their higher risk of developing osteoporosis.</i></p> |
| EAT IN SMALL AMOUNTS   | FOODS  | TIPS  |
| <p><b>Butter, Margarine, Reduced fat spreads, Oils (Canola, olive and polyunsaturated)</b><br/><i>Nutrient value:</i> Butter and table margarines are good sources of vitamin A and D. Oils are good sources of vitamin E.</p>               | <p>These foods are high fat foods - oil 100%, butter and margarines 80%, and reduced fat spreads 60% or less (check the label).</p>  | <p><i>Because of their high fat content these foods should be eaten only in small amounts.</i></p>  |
| <p><b>Sugar and foods containing a lot of sugar</b><br/><i>Nutrient value:</i> Sugar contains no vitamins or minerals.</p>   | <p>White sugar, raw sugar, brown sugar, glucose, maltose and lactose are all sugars.<br/>For example - jam (65%), lollies (45-75%), sweet biscuits (20-40%), sugar sweetened soft drinks</p>   | <p><i>Limit these foods as much as possible!</i></p>  |

## Facts

- Over 1,000,000 people have Diabetes in Australia
- Diabetes costs \$2billion in medicines every year
- Diabetes is the most common cause of blindness in people aged under 60
- Diabetes is the leading cause of kidney failure
- 150 people are diagnosed with diabetes every day

## Type 1 Diabetes

- Insulin dependent (pancreas can't produce enough)
- 10-15% of sufferers
- Onset is in children and young adults
- Symptoms – excessive thirst and urination, weight loss, weakness and fatigue and irritability
- Treatment through daily injections over entire lifetime, coupled with eating plan and regular exercise

## Type 2 Diabetes

- Non-insulin dependent (pancreas can't produce enough or it has limited effect on blood glucose levels)
- 85-90% of sufferers
- Onset is typically in middle age from 40-55 and is very slow
- Symptoms – vision trouble, skin infections, slow healing and numbness in hands and feet
- Treatment through lifestyle modification of healthy eating plan and regular exercise, along with glucose monitoring

➤ Type 2 Diabetes is avoidable, it is typically caused by a





# Health Promotion - July 2006

(average 10%)

