



# FIRSWAY HEALTH CENTRE

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## Pre-Diabetes Patient Information

### What is Pre-Diabetes?

It is the presence of blood sugars higher than normal but not high enough to be classed as diabetes. This is shown by a blood test, HbA1c, being above 41 but below 48. This puts you at increased risk of developing diabetes in the future. It also will put you at higher risk of cardiovascular disease (e.g. heart disease and strokes) in the future. However if it is treated then it can help prevent you developing cardiovascular disease in the future.

### What are the risk factors for Pre-Diabetes?

- Being overweight
- Being over 40
- Close relative who has diabetes
- Having high blood pressure, low HDL (good cholesterol) or raised triglycerides
- Certain ethnic groups (Afro-Caribbean, South Asian, Native American)

### What needs to be done now?

As from your blood test you have been identified as having Pre-Diabetes this will have to be monitored yearly. The most important thing to do is to change your lifestyle, to a healthier lifestyle to reduce your risk of cardiovascular disease

### Diet and Weight Advice

Body weight and diabetes are very closely linked. If you are overweight the best thing to do is to try to lose some weight. This is best achieved by a healthy diet and regular exercise. Aim for realistic weight loss goals (1-2 lbs a week) which you are more likely to maintain.

Even if you are not overweight it is very important that you have a healthy diet and have regular exercise also to try and reduce your risk of developing diabetes

### Healthy Diet Advice

It is important to have regular meals, so have 3 meals a day (breakfast, lunch and dinner). This helps control you appetite and also keeps the sugar in your blood stable.

Each meal should include a starchy carbohydrate. These carbohydrates should be low glycaemic index (low GI) which means they are absorbed more slowly.

Limit the amount of sugar and sugary foods.

Reduce the amount of fat in your diet, in particular avoid saturated fats, try to use unsaturated fats and oils instead (eg olive oil and rapeseed oil).

Ensure you are having your 5 a day of fruit and veg

Examples of 1 portion:

-1 Medium fruit (apple, banana or orange)

-2 small fruits (kiwi, Satsuma)

-2 Tablespoons of vegetables

Eat oily fish at least 2 times a week (for eg mackerel, sardines, salmon and pilchards)

Reduce salt intake- use little/no salt when cooking (use herbs and spices instead), try not to add salt to food at the table and avoid processed foods and salty meats.

Limit alcohol intake- You should not drink every day (have at least 1 or 2 alcohol free days a week)

Men- no more than 3-4 units a day and no more than 21 units a week

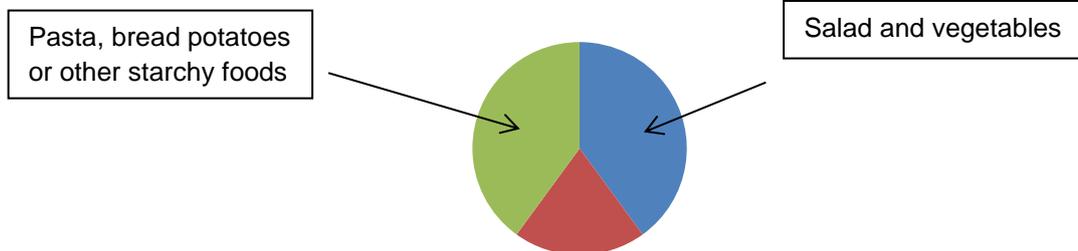
Women- no more than 2-3 units a day and no more than 14 units a week.

### Portion sizes

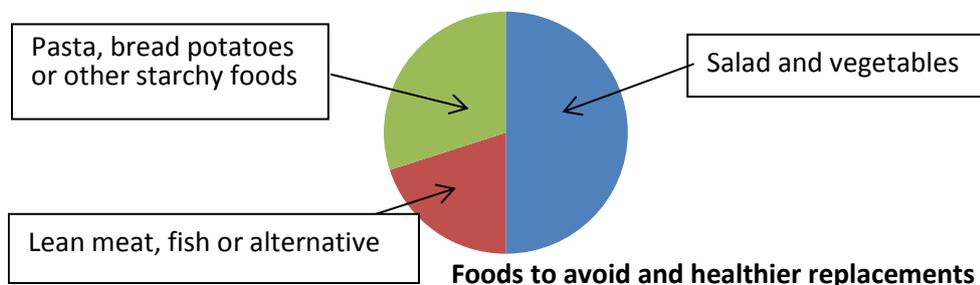
If you are overweight and need to lose weight then as well as having regular meals and eating the correct foods you may also need to reduce your portion size to ensure you lose weight.

It is also very important to get the proportions of each type of food correct for your daily intake.

## If want to maintain weight



## If want to lose weight



Here are a couple tables of foods which should avoid with some healthier replacements in the corresponding columns.

## Carbohydrates

<i>FOODS TO EAT LESS OF</i>	<i>FOODS TO EAT MORE OF</i>
Sugar coated cereals- Frosties, Coco Pops, sweetened muesli and sugary cereal bars	Wholegrain breakfast cereal- Weetabix, unsweetened muesli, Branflakes, porridge
Fried chips, instant mash, roast potatoes	Boiled potatoes, new potatoes, sweet potato
Fried rice, cheesy pasta dishes	Basmati rice, pasta, chapatti
White bread	Whole grain, granary, seeded bread or rolls

### Ideas to cut down sugar

<i>FOODS HIGH IN SUGAR RO AVOID</i>	<i>LOWER IN SUGAR ALTERNATIVE</i>
Sugar coated cereals- Frosties, Coco Pops, sweetened muesli and sugary cereal bars	Wholegrain breakfast cereal- Weetabix, unsweetened muesli, Branflakes, porridge
Sweet squash and fizzy drinks- Ribena, Lucozade, cola, lemonade	Diet, low calorie, sugar free alternatives- Robinsons Special R, Diet Coke, Pepsi Max
Sugar, glucose, dextrose, sucrose, icing sugar	Artificial sweeteners- eg Candarel, Sweetex etc
Sweets- chocolate, toffee, fudge, chocolate covered and cream filled biscuits, cakes, marzipan	Plain biscuits, small crumpet or pancake, oatcakes, crackers.
Sweet puddings, crumble, tarts, tinned fruit in syrup	Fresh or dried fruit, diet or light yoghurt, sugar free jelly, tinned fruit in natural juice
Marmalade, jam, honey, syrup	Reduced sugar marmalade, jam or use a thin scraping.

## Fats

<i>FOODS HIGH IN FAT TO AVOID</i>	<i>FOODS LOWER IN FAT TO CHOSE</i>
Butter, Margarine, oil, lard, dripping	Low fat spread and oils made from unsaturated oils such as olive oil, vegetable oil, corn oil, monounsaturated spreads
Fried foods	Grill, poach, boil, microwave or oven bake food
Chips	Potatoes – boiled, steamed or baked
Pies, pastries, sausage rolls, fatty meat	Lean cuts of meat, fish and chicken without the skin
Creamy sauces and dressings	Tomato based sauces
Cream, mayonnaise, salad cream, full fat yoghurt, full fat milk	Low fat natural yoghurt, low fat fromage frais, semi skimmed or skimmed milk

Full fat cheese	Reduced fat varieties of cheese, Lower fat cheese such as Edam, gouda, cottage cheese, grate or slice cheese thinly
Crisps, savoury snacks, nuts	Low fat, unsalted crisps or savoury snacks, unsalted nuts

## Exercise

Exercise is very important as it protects from the development of diabetes. Diabetes UK recommends that adults aged 16-64 should do 30 minutes exercise on at least 5 days of the week. It states this should be of moderate intensity, such examples of moderate intensity include:

- Fast paced walking
- Light jogging
- Bike riding
- Rowing
- Doubles tennis or badminton
- Water aerobics.

The less time you spend sitting and lying down the better, as this reduces your risks of developing diabetes and cardiovascular disease.

If you are over 65 years old then the advice is that if possible should aim to do the same as that of younger adults. However if the target 30 minutes of moderate exercise on 5 days of the week is unrealistic, then should look at doing at least some form of physical activity daily, with what you would feel comfortable with, as any physical activity will benefit you.

If you have been sedentary for a long time then it is important that you do not do too much over strenuous physical straight away, it is important to gradually build yourself up to these levels.

References:

<http://www.nhslanarkshire.org.uk/Services/Diabetes/patient-info/Documents/Pre%20Diabetes.pdf>

<http://www.patient.co.uk/doctor/Diabetes-Diet-and-Exercise>

<http://www.patient.co.uk/health/Physical-Activity-For-Health.html>

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