



Keep Active

Regular physical activity has many benefits:

- Lowers blood glucose levels.
- Makes the body work better.
- Helps with weight control.
- Lowers high blood pressure.
- Relieves stress.

Activities can include brisk walking, biking, swimming, dancing and mowing the lawn.

Aim for at least 30 minutes of moderate activity each day. More is better but begin gradually and build up slowly.

If you are joining a gym or exercise class talk to your doctor first. See the Diabetes New Zealand pamphlet *Diabetes and physical activity* for more information.

To stay well:

- Lose weight if you need to.
- Eat healthy food.
- Keep physically active.
- Don't smoke.
- Have regular health checks.

Remember, everyone in your family can eat the same healthy foods. Children need to have healthy food and plenty of activity from a young age.

To order the Diabetes New Zealand information booklets and pamphlets, phone Diabetes Supplies Ltd at 0800 DIABETES (0800 342 238), or email info@diabetes.org.nz, fax 03 434 5281 or Freepost DNZ, PO Box 54, Oamaru.

Diabetes New Zealand is a national membership organisation. Our aim is to support our members, the 39 diabetes societies throughout New Zealand and health professionals. Diabetes New Zealand acts for people affected by diabetes by:

- encouraging local support
- acting as an advocate
- raising awareness of diabetes and diabetes prevention
- educating and informing people about diabetes, its treatment, management and control
- supporting research into the treatment, prevention and cure of diabetes.

Take the right steps and stay healthy
Join Diabetes New Zealand
Phone 0800 369 636
Visit www.diabetes.org.nz



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Pre-diabetes





What is Pre-Diabetes or Impaired Glucose Tolerance?

Pre-diabetes is also known as impaired glucose tolerance (IGT). This occurs when the glucose (sugar) in your blood is higher than normal, but not high enough to be called diabetes. Pre-diabetes can often lead to diabetes although changing the amount and type of food that you eat and increasing your physical activity may prevent the development of diabetes.

Your body produces insulin, which is needed to transport glucose from your blood stream to your muscle, liver and fat cells, where it is used for energy. Pre-diabetes means the insulin is not working properly. Excess body fat contributes to this problem by causing resistance to insulin.

People with pre-diabetes have a higher chance of getting Type 2 diabetes and heart disease.

You can halve your chance of getting diabetes by losing 5-10% of your body weight. You can do this by making healthy food choices and doing at least 30 minutes of physical activity every day.

Healthy eating and regular physical activity will help to:

- Keep your blood glucose within an acceptable range.
- Reach and maintain a healthy bodyweight.
- Keep your blood lipids (including cholesterol) within an acceptable range.
- Reduce your blood pressure.



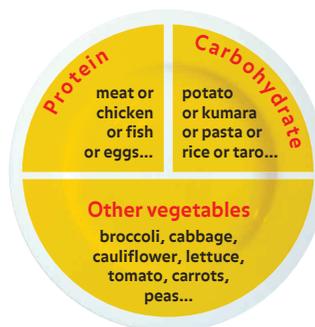
Diabetes New Zealand Healthy Eating Plan

Your blood glucose levels are directly affected by the kind and amount of carbohydrate (starchy foods and sugar) you eat.

Your risk of having a heart attack or stroke is affected by the kind and amount of fat you eat.

People with diabetes do not need to buy special foods or cook separate meals. The whole family can eat the same healthy foods.

- Drink plenty of water and stop drinking fruit juice and sugar-sweetened drinks.
- Eat breakfast, lunch and dinner every day.
- Eat some carbohydrate at each meal, but not too much.
- Stop eating foods high in sugar.
- Choose foods low in fat.
- Follow the Diabetes New Zealand Healthy Plate.
- Match the food you eat to your weight, medications, medical conditions and activity.



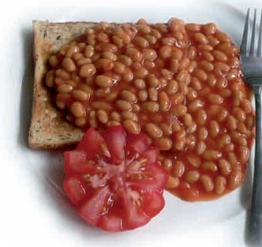
See the Diabetes New Zealand booklet *Diabetes and healthy food choices* and the pamphlet *Here's Healthy Food Inā te aki ora* for more information on healthy eating. Contact a New Zealand registered dietitian for more advice on your own personal eating plan.

Meal ideas

Breakfast

Baked beans on toast

- Use only a scraping of margarine on wholegrain bread



Lunch

Chicken and salad sandwich with fruit

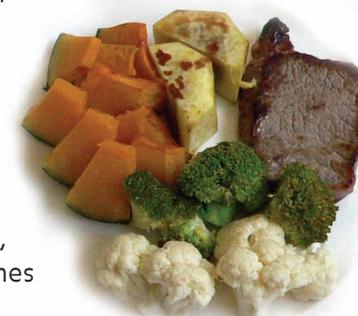
- Use tuna, beef or low fat cheese for variety with lots of vegetables



Dinner

Steak, kumara and vegetables

- Remove fat from meat and cook without adding fat or oil
- Eat half a plate of vegetables
- Use chicken, lamb, beef, fish, beans and legumes for variety



If you are trying to lose weight, cutting out snacks and eating three well-balanced meals a day is a good way to achieve this.