

# Session 1

## English Slide Prints

### Welcome



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### What we're going to do today

- Measurements 
- Fill out a form about your diabetes 
- Talk about diabetes 
- Talk about healthy eating and physical activity

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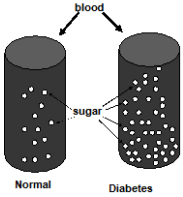
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### What is diabetes?

- Diabetes is when there is too much sugar in your blood
- This can make you feel unwell



Normal      Diabetes

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### Why is there too much sugar?

- Your body needs a hormone called insulin to help the sugar move from your blood into your cells, where your body can use it as a fuel.
- If you have diabetes your body:
  - isn't making any insulin or
  - isn't making enough insulin or
  - the insulin isn't working properly



Insulin is like a key to open doors on the cells - this lets the sugar into the cells where it is used for energy

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### Different types of diabetes

#### Type 1 diabetes

Your body doesn't make any insulin

#### Type 2 diabetes

Your body doesn't make enough insulin or the insulin isn't working properly

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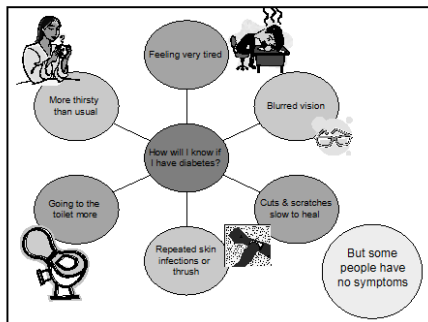
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**Are some people more likely to get diabetes?**

- If you are South Asian:
  - You are 6 times more likely to have Type 2 diabetes than someone from the white population
  - You can get Type 2 diabetes aged 25 years and over compared with aged 40 years and over in the white population



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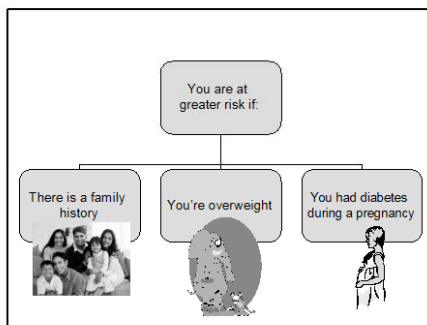
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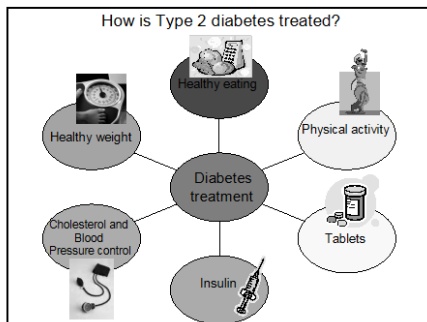
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If it's not treated, diabetes can:

- Harm your eyes 
- Cause problems with your feet 
- Damage your kidneys 
- Cause problems with your heart 
- Lead to a stroke 

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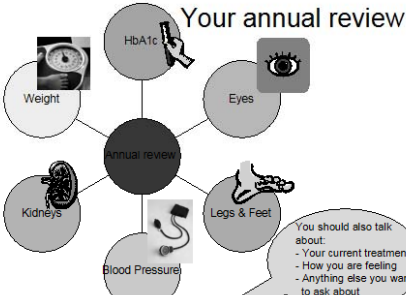
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### Your annual review



Annual review

You should also talk about:

- Your current treatments
- How you are feeling
- Anything else you want to ask about

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### Managing your diabetes

-  Healthy eating
-  Physical activity
-  Blood sugar (glucose) testing
-  Checking blood pressure
-  Medication

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### Some questions

- What does *good diabetes control* mean to you?
- What do you think of when you hear the words *healthy eating*?
- What do you think of when you hear the words *physical activity*?

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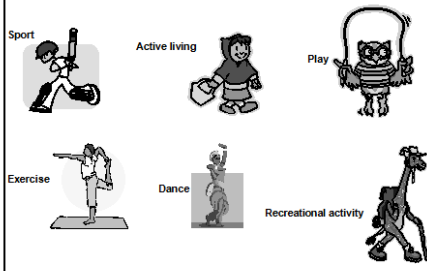
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### What is Physical Activity?



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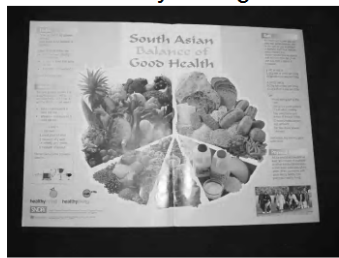
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### Healthy Eating



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**Fruit and vegetables**  
Eat lots of fruit and vegetables every day.  
Try and have 5 portions or more a day.

1 fruit portion =



- 1 apple
- 1 banana
- 1 orange
- 1 pear
- 1 handful of grapes
- 1 small glass of fruit juice

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**Vegetables**

1 vegetable portion =



OR

3 heaped teaspoons of vegetables      1 small bowl of salad

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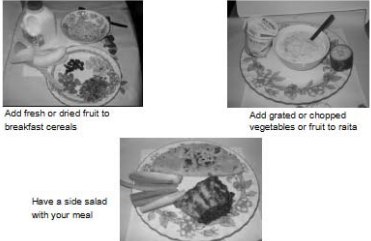
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**Ways to eat more fruit & vegetables**



Add fresh or dried fruit to breakfast cereals

Add grated or chopped vegetables or fruit to raita

Have a side salad with your meal

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Bread, Cereals, Chapattis, Rice & Potatoes (starchy foods)



Eat starchy foods with every meal

1 portion =



Try to eat those high in fibre

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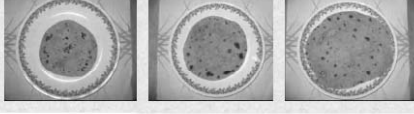
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### Chapattis



Small Medium Large

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### Pulses, Dahl, Fish & Meat

Try to eat 2 portions a day

1 portion =



100g of cooked fish 75g of cooked meat 125g of cooked beans, lentils or dahl

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### Milk & Dairy Foods

Try to have 3 portions a day


1 portion =



200ml of milk  
or  
1 glass of lassi



25g of hard cheese



1 small pot of yogurt

Choose semi-skimmed & low fat types

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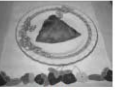
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### Fatty Foods

Eat these occasionally




Pakora




Samosa

Eat these regularly



Salad sticks & hummus



Fruit

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### Oil

Use small amounts of oil when cooking

<p><b>Saturated</b></p> <ul style="list-style-type: none"> <li>• Butter</li> <li>• Ghee</li> </ul>		
<p><b>Poly-unsaturated</b></p> <ul style="list-style-type: none"> <li>• Sunflower oil</li> </ul>		
<p><b>Mono-unsaturated</b></p> <ul style="list-style-type: none"> <li>• Olive oil</li> <li>• Rapeseed oil</li> <li>• Groundnut oil</li> </ul>		

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### Sugary Foods

Try and cut down on sugary foods

- Have Indian sweets on special occasions only
- Eat less cakes, biscuits & pastries



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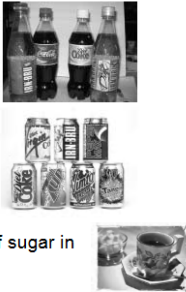
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### Sugary drinks

- Don't drink sugary fizzy drinks
- Try diet or low calorie, sugar free drinks
- Cut down the amount of sugar in your tea or coffee



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### What can I use instead of sugar?

Try sweeteners



Tablet or Liquid or Granulated

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### Diabetic foods

Diabetic foods like



chocolate      sweets      Jam or marmalade      biscuits

are not recommended because they:

- offer no health benefits
- are expensive
- are high in calories
- can cause diarrhoea and stomach upsets

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### Salt



- Too much salt can raise your blood pressure
- There is already a lot of salt in every day food (bread, biscuits etc.)
- Don't have more than 6g of salt a day

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### What can I use instead of salt?

Try herbs and spices



Don't use salt substitutes

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**Drinking fluids**

Try and drink 8-10 glasses of fluids a day



Try and drink more water

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**Setting some targets**

- Healthy eating target 
  
- Physical activity target 

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**The end of today's session**

- Any questions ???
- Suggestions for next week
- Date, time & venue for next week
- Thank you for coming
  
- Some physical activity 

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