



MOVE MORE
EAT WELL
MANAGE STRESS
IMPROVE SLEEP
REDUCE ALCOHOL
QUIT SMOKING

Good health guide

Diabetes
SA Support
Always



The Good Health Guide has been developed to help you achieve and maintain good health and wellbeing.

A healthy lifestyle can prevent conditions such as type 2 diabetes, (along with heart disease and some cancers). Most importantly, it will help you feel good as you live your life.

The Guide provides plenty of tips to get you started to:

- Move more
- Eat well
- Manage stress
- Improve sleep
- Reduce alcohol
- Quit smoking

Getting started doesn't need to be difficult, set yourself some realistic goals (make a simple plan), and feel the benefits of healthy lifestyle changes immediately. If you need a little support along the way, you can talk to your doctor or healthcare professional.

Diabetes SA is always at hand too, call our support line on **1300 198 204**, or visit our website **www.diabetessa.com.au** for some great resources.

Risk factors for type 2 diabetes:

THINGS YOU CAN CHANGE

- Poor nutrition
- Inactivity
- Smoking
- Alcohol
- High blood pressure
- High cholesterol
- Excess body weight

THINGS YOU CAN'T CHANGE

- Family history
- Increasing age
- Gender
- Cultural background
- Previous gestational diabetes
- Polycystic ovarian syndrome

Focus on the things you can change to help reduce your risk of developing type 2 diabetes.

TYPE 2 DIABETES FACTS:

1.4 million Australians have diagnosed diabetes (5% of population)

311 new diagnoses each day

500,000 remain undiagnosed (1 in 4 adults)

16% of the population are at risk of developing diabetes



The good news is that simple lifestyle changes can reduce your risk of developing type 2 diabetes by 58%.

Guide to moving more



If you're not moving your body every day, it's never too late to get started. Think about what you find enjoyable and what works for you and your life.

Move it or lose it: Moving every day helps your body's muscles and bones stay strong and function well. Sitting for long periods of time can lead to poor health outcomes.

How much?

For adults 18-64 years, each week aim to:

- Minimise the amount of time you spend sitting
- Break up long periods of sitting
- Being active on most, preferably all, days of the week
- Accumulate between 150 - 300 minutes per week of moderate intensity physical activity (this can equal 75 - 150 minutes per week if the activity is vigorous)
- Include muscle strengthening (or resistance training) activity on at least 2 days



Some ideas to get you moving more at different intensities:

MODERATE INTENSITY ACTIVITIES:

- Brisk walk
- Golf
- Dancing
- Social tennis
- Household tasks (e.g. cleaning windows, mowing the lawn or, vacuuming)

During this type of exercise, you will start to feel your heart rate and breathing increase.

VIGOROUS INTENSITY ACTIVITIES:

- Jogging
- Fast bicycling
- Organised sports
- Body weight exercises, weight or resistance training
- Heavy household tasks involving lifting, carrying or digging

During this type of exercise, talking is difficult and you cannot say too much before needing a new breath.

For more ideas, ask us about “Australia’s Physical Activity and Sedentary Guidelines for Adults”, and additional Diabetes SA resources.

Guide to eating well



Here are some more ideas:

Some simple tips and ideas to help you eat well:

- Choose a variety of healthy foods at every meal and snack throughout the day.
- Limit packaged foods which are higher in unhealthy nutrients such as salt, sugar, fat and kilojoules.
- Remember that the amount of food that you actually need depends on how much energy you use. Be mindful of body signals like feelings of fullness and hunger and how energetic you feel!

Water is best

Most adults need about 8 -10 cups of fluid per day; use your thirst as a guide.

TIP

Why not try infusing water with some sliced fruit and vegetables for extra flavour? i.e. lime, orange, berries, mint, basil, cucumber.



Take the veg pledge

Can you do at least 5 serves per day?

One serve is 1 cup raw vegetables, ½ cup cooked vegetables or a medium sized potato.

TIP

Enjoy at least half a plate of coloured vegetables at main meals every day. Include vegetables into snacks and beverages.



Go the whole grain

Everyone has different nutritional needs but aim for between 3 - 6 serves per day of healthy wholegrains to keep you in good health and satisfy your appetite.

One serve equals 1 slice of bread/crumpet/ English muffin, 1/2 cup cooked rice/noodle/ pasta and 2/3 cup cereal.

TIP

Include unprocessed grain foods like multigrain and wholemeal breads and cereals.



Feature fruit

Aim for 2 serves per day.

One serve is 1 medium sized apple, banana, orange, 2 smaller fruits like plums and apricots, or 1 cup tinned fruit in natural juice.

TIP

Feature fruit as a fabulous breakfast smoothie or as a snack.



Benefits of healthy eating and moving more:

- Provides your body with what it needs for general health
- Helps to manage a healthy body weight
- Helps to manage blood glucose levels
- Helps to manage your energy levels and mood throughout the day
- Helps to reduce feelings of hunger by promoting feelings of fullness for longer
- Reduces your risk of type 2 diabetes, cardiovascular disease, and some cancers

Dairy goodness

Aim for between 2 - 4 serves per day of unflavoured, mostly reduced-fat, dairy. Dairy includes milk, yoghurt, cheese, and also dairy alternatives (i.e. nut or grain-based milks and cheeses).

TIP

Enjoy a calcium rich snack like a small tub of yoghurt each day. Use plain or greek yoghurt to create delicious, zesty dips and egg-free mayonnaise.



Vary your protein

About 2 - 3 serves per day of protein from mixed sources will help to keep you strong and feeling fuller for longer. High quality proteins include fish, poultry, lean red meat, low fat dairy, nuts and seeds, legumes, and soy based products.

TIP

Swapping animal-based foods for plant-based foods at each meal is an inexpensive way to bulk out the meal, and add fibre and other important nutrients to your diet. Swap red meat or deli-type meat for fish (preferably oily fish), or legumes whenever you can.



Healthful fats

Around 20 - 40g per day of healthy fats will add flavour to meals and help you feel fuller for longer. Foods containing healthy fats include avocado, nuts, seeds, oily fish and cooking oils made from plants or seeds.

TIP

Small amounts of healthy fats each day are good for overall health. Swap less healthy fats found in foods that are highly processed e.g. biscuits, chips, bakery and take-away foods, for healthy fats found in whole foods e.g. fruits, nuts or vegetables. Try pan-frying rather than deep-frying foods. Swap butter for avocado or nut-butters.



For more information, ask us about the “Healthy Eating for Adults” brochure, and additional Diabetes SA resources.

What's in a day?



Meal plans will vary for each person depending on age, gender, activity levels, health conditions and health-related goals. Here are some ideas for every meal occasion.

BREAKFAST



OR



OR



Oats + strawberries

Boiled eggs + toast

Weet-bix + milk + banana

LUNCH



OR



OR



Tuna + salad
sandwich

Meat + salad

Crackers + egg
+ tomato + avocado

DINNER



OR



OR



Pasta + salad

Meat + 3 vegetables

Chicken + vegetable stir-fry

SNACKS *optional* (can be enjoyed as part of a meal, or in-between meals)



OR



OR



OR



OR



Piece of fruit

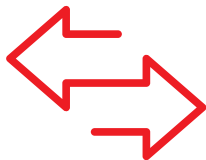
Yoghurt
(with or without
fruit pieces)

Nuts

Grainy crackers
+ avocado

Veggie sticks + hummus

Healthy swaps



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Healthy snacks are lower in sugar, salt, fat, and kilojoules. Replacing less healthy snacks and drinks with healthier options can make meaningful changes to your overall health.



Biscuits



Fruit



Packet of chips



Mixed, unsalted nuts



Muffins



Crackers with avocado



Small goods



Boiled eggs



Ice-cream



Yoghurt



Juice



Whole fruit



Soft drink



Water

How to stress less



Stress can:

- Be physical (e.g. illness or injury) or psychological (e.g. family or workplace).
- Be short-term or long-term.
- Increase your blood glucose levels and increase your risk of pre-diabetes and type 2 diabetes.
- Lead to unhealthy lifestyle choices: unhealthy food choices, less physical activity, more alcohol, smoking more than usual.
- Impact your sleep patterns.



Some tips to manage stress:

TIPS

EXAMPLES

Ask for help

- Ask friends and family
- Speak with your GP or mental health professional

Make a to-do list;
set reminders

- If you're feeling overwhelmed, make a to-do-list and prioritise each point
- Structure a daily routine
- Use a calendar to help you remember

Sleep well

- Review your sleep routine and see if there are improvements you can make
- Speak with your GP for help

Enjoy yourself

- Aim to include activities you enjoy – daily, weekly or monthly

Say “no”

- Say “no” to activities that don't help with your life goals

Be mindful

- Learn to recognise your signs of stress
- Think about what triggers are stressful for you
- Make a plan for how to deal with the situation

Set goals

- You can also set daily actions/activity goals to target stress and sleep



Some healthy activities to cope with stress:



Relax your muscles

- Scrunch up your face muscles
- Hold for 5 seconds, then release
- Feel your face muscles relax
- Do the same with your jaw, shoulder, arm, chest, leg and foot muscles



Meditate

- Focus on something simple you find calming; it could be an image or a sound
- Don't worry if thoughts get in the way, just go back to your image or sound



Breathe deeply

- Relax your muscles
- Place one hand just below your ribs
- Take a slow deep breath through your nose
- Feel your hand go up
- Now breathe out slowly through your mouth, making sure to breathe out all the way
- Feel your hand go down



Imagine

- Imagine a peaceful scene
- Try to picture yourself there

How to sleep well



Most people need around 8 hours of sleep per night. How much do you get? Are you thriving or surviving?

Long term poor sleep can increase your risk of:

- Type 2 diabetes
- Cardiovascular disease
- High blood pressure
- Some cancers
- Weight gain
- Inflammation
- Mood disturbance and depression

Sleeping well can help us recharge and recover from our day, and manage both short-and long-term stress.

You are the best judge of how much sleep you need. You may be able to survive with less sleep, but to thrive you may need more.

Sleep helps us to recharge and recover from our day.

SOME TIPS TO SLEEP WELL:

Go to bed and get up at the same time each day

Get sunlight in the morning after you wake-up

Make your bedroom comfortable

Remove distractions from the bedroom (TV, phone)

Use your bedroom for sleep and intimacy only

Be physically active during the day, not in the last hour before bed

Avoid bright lights prior to bed

Reduce stimulating activities before bed (e.g. playing video games, using your phone, tablet or computer)

Avoid drinking caffeine, alcohol and soft drinks prior to bed

Aim to include relaxing pre-bed activities

Speak with your doctor about your sleep if you are concerned

How to reduce alcohol & quit smoking

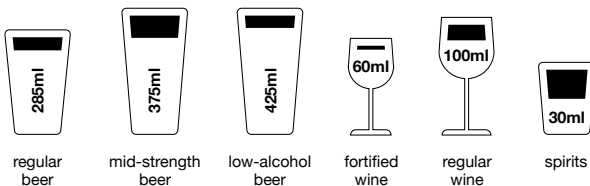
Reduce your alcoholic drinks

The less you drink, the lower your risk of alcohol-related harm

Guidelines for healthy adults: no more than 4 standard drinks on any one day; no more than 10 standard drinks per week.

TIP

- Have a glass of water in between each alcoholic drink
- Include 2 alcohol-free days each week
- Reduce the number of alcoholic drinks you consume each week
- Speak to your GP for more support
- Know what 1 standard drink is:



Quit smoking

Quitting smoking will help improve your health and increase your chance of a longer, quality life

Quitting smoking will improve your fitness, blood pressure, circulation and sense of taste and smell

TIP

- Modify your routine to reduce the triggers to smoke
- Call Quitline 13 78 48
- Visit www.besmokefree.com.au for more information and support

HOW TO TIPS:

- Make a plan: what are you going to change and how are you going to do it?
- Start with small changes and gradually build on them.
- Get support from friends, family and local health professionals to help you keep on track.
- Track your progress with technology such as apps or a smart watch.
- Know and reduce your triggers or barriers.
- Set a reward: a dollar in a jar, a new piece of clothing, a movie, a new magazine.





Diabetes
SA Support
Always

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