

10 STEPS

to Control Type 2 Diabetes

Learn about the real causes of Diabetes, improve your food and nutrition knowledge and gain a better understanding of lifestyle factors that affect your Diabetes and health.



Take your first step and book your **FREE** 'get to know you' consultation today.

How to control your TYPE 2 DIABETES

We know how overwhelming it is to receive a diabetes diagnosis, and it can take time to work out what to do. Evidence shows that the sooner you can make the correct dietary and lifestyle changes, the more likely you are to control your Diabetes without needing medications, or at least minimal medications.

Often people focus on weight reduction when they want to improve their diabetes and glucose control. Usually, this is not a realistic or a practical option, as Diabetes is related to several lifestyle factors, not just excess weight. Lifestyle factors that contribute to Diabetes include lack of physical activity, an unbalanced diet (calories, carbohydrates, and other nutrients), and a lack of coping skills for stress and emotions; as well as poor sleep patterns.

Excess weight is also an outcome of lifestyle and has similar drivers as those for diabetes development. Often lifestyle changes that improve Diabetes also reduce weight. High glucose levels can also contribute to weight gain as insulin is released when glucose levels rise in the blood, and insulin signals to the body to store excess glucose as fat. Weight reduction often takes months or years to achieve. Over time high glucose levels can damage blood vessels, especially in the eyes, kidneys, and limbs. Therefore, prioritising glucose control over weight loss will reduce the risk of further damage from Diabetes. Once Diabetes is under control, then it may be appropriate to focus on weight.

What you gain from controlling Diabetes

- **To feel more positive and live your best life**
- **Save money from the fewer medications, medical treatments and other costs associated with Diabetes.**
- **You gain control of your health, and do not have your health condition in control of you.**
- **Feel more comfortable within yourself.**
- **Be seen for who you are, not your health condition.**



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1.

Increase your knowledge of **carbohydrate foods**. The amount of carbohydrate you need will depend on your current weight and current levels of physical activity.

2.

Include carbohydrate foods with a low **Glycaemic Index (GI)**. The GI is a measure of how fast or slowly a carbohydrate food will increase blood glucose levels (BGL). Low GI carbohydrates are better as they produce a slower increase in BGL.

3.

Fibre improves blood glucose control, and has several other health benefits. Aim 30-40g of **fibre** each day, with 10 to 15g of soluble fibre.

4.

Reduce sugar and fructose intakes. Excess calories from sugars, particularly from soft drinks, cordials, and fruit juices, biscuits, cakes and other sweets can contribute to an increased build-up of fat in the liver and pancreas.

5.

Optimise your nutritional intakes by including a wide **variety of foods** from the five food groups. Limiting your range to a few food groups can cause nutrient deficiencies. Low intakes of biotin, chromium, calcium can increase insulin resistance.

6.

Improve your ratio of **omega-3** to omega-6 fatty acids. Dietary intakes often have an imbalance with too much omega-6 and not enough omega-3 fatty acids.

7.

Find some **physical activity** that you enjoy, aim for at least 30 minutes per day and include some strength or resistance training on at least two days a week.

8.

Improve your **copng skills** to reduce your stress levels. High-stress levels can increase stress hormones these, in turn, affect glucose levels and weight gain.

9.

Improve your **sleep** patterns, aim for 6-8 hours per night. Poor sleep patterns can affect stress levels, glucose levels and contribute to weight gain.

10.

Prioritise your health and set boundaries on your time. Make a balanced plan and get the professional support you need to make it happen.

Your health is your most important asset.

If you are ready to be **EMPOWERED**

to take control of your health, we can help you to get started.

As you can see the real cause of Diabetes is a lifestyle. If things seem confusing or overwhelming and you would like some help, perhaps our [Diabetes Group Challenge](#) would be right for you.

Alternatively, if you are looking for more flexibility and an individual plan specifically tailored to your needs, please look at our [Diabetes Individual Packages](#).

Get started today with our free 20 minute
'get to know you' consultation.

[BOOK ONLINE HERE](#)

Private Health and Medicare rebates

Medicare provides rebates for individual and group Diabetes programs, and most private health funds provide some cover for consultations with Dietitians. Please contact your health fund to see what rebate you will be entitled to. More information about fees and rebates are located on our [Diabetes programs page](#).



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