

Reduce your risk of developing diabetes

Eating a healthy balanced diet, keeping active and managing your weight will all help to reduce your chances of developing diabetes. Here are some tips to get you started.

1. If you are overweight and at a high risk of developing diabetes, losing weight can reduce your chances of developing Type 2 diabetes by up to 58 per cent. Even losing between 5 and 10 per cent if you are very overweight is enough to improve your health.
2. Look at your plate. The sizes of your portions may need to change as well as changing the proportions of the types of food on your plate.
3. Eat three regular meals a day as this will help to control your appetite.
4. At each meal include starchy carbohydrate foods such as bread, pasta, chapattis, potatoes, yam, noodles, rice and cereals. The amount of carbohydrate you eat is important in managing your weight.
5. Cut down on the fat you eat. Fat is the greatest source of calories so eating less fat and fatty foods will help you to lose weight.
6. Limit sugar and sugary foods. Sugary drinks and foods like cakes, biscuits, desserts and confectionery tend to be high in fat and calories.
7. Eat more fruit and vegetables. Aim for at least five servings a day.
8. Cut down on alcohol. It is high in calories and stimulates your appetite.
9. Reduce salt in your diet to 6g or less a day – more than this can raise your blood pressure, another risk factor for diabetes.
10. Keep active - every form of activity counts, even brisk walking. Aim for at least 30 minutes on at least five days a week (that's only 2.5 hours out of 168 hour week). Activity can be spread out over the day into bite-sized chunks. Being physically active can reduce your risk of developing diabetes by up to 64 per cent.

For more specific personalised information about reducing your risk and managing your weight ask reception about 'Weight Matters' at Glossop PCC and 'Weight Management' sessions run by our Health Care Assistants.