

Diabetes Session Activity Book



Welcome!

Welcome to the Healthy Helpings (HH), Diabetes activity book.

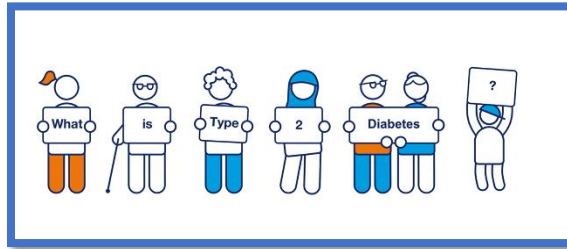
If you are reading this activity book online, you can click on any links ([shown in blue](#)) to be taken directly to the information. Otherwise, please find all links on the relevant [HH session webpage](#).

Diabetes Session

In session 5 we look at:

- What is Diabetes
- The Benefits Of Weight Loss In Type 2 Diabetes
- Remission of Diabetes
- Types of Carbohydrates
- Portions
- Glycaemic Index

What is Diabetes



Type 2 Diabetes is a serious, lifelong condition where the insulin your pancreas makes can't work properly, or your pancreas can't make enough insulin. The symptoms of Type 2 Diabetes include feeling very tired, needing to wee a lot, feeling extremely thirsty, cuts and grazes healing slowly and getting infections like thrush.

Click on [this link](#) to watch a short video from Diabetes UK which recaps on what Type 2 Diabetes is.

Benefits Of Weight Loss In Type 2 Diabetes

If you are overweight and have Type 2 Diabetes, losing weight is the most important thing you can do to help control your blood glucose levels and reduce the risk of diabetes complications in the future.

We know that when somebody with Type 2 Diabetes is carrying extra body weight, especially around the abdomen, this can lead to what is called insulin resistance.

We encourage you to keep an eye not only on your weight but also on your waist size. Follow this [link](#) which shows you how to measure your waist and record your measurements in the box below.

What is a healthy waist size?

80cm (31.5in) for all women.
94cm (37in) for most men.
90cm (35in) for South Asian men.

My Waist Size



How Much Weight Loss?

Research in Diabetes and weight loss shows us that a 5% weight loss in someone with Diabetes can have significant benefits on blood glucose control, cholesterol levels and blood pressure.

However, if you are aiming for remission of Type 2 Diabetes studies have shown that it is best to lose between 10-15% of your initial body weight, as close to diagnosis as possible. The term remission is used as this is not a reversal or a cure of Type 2 Diabetes and there is a possibility that it might come back.

Healthy Helpings aims for a 10-15% weight loss over a 6 month period. You can find more information on weight loss on [Session 1](#) of our Healthy Helpings program.

Types Of Carbohydrate



Carbohydrates have the biggest impact on your blood glucose levels. There are three different types of carbohydrates, these are:

- Starchy carbohydrates- which include bread, rice, pasta, potatoes and cereals
- Natural sugars- such as lactose (in milk and yoghurt) and fructose (in fruit and fruit juices)
- Refined sugars- such as cakes, sweets, biscuits and sugary drinks

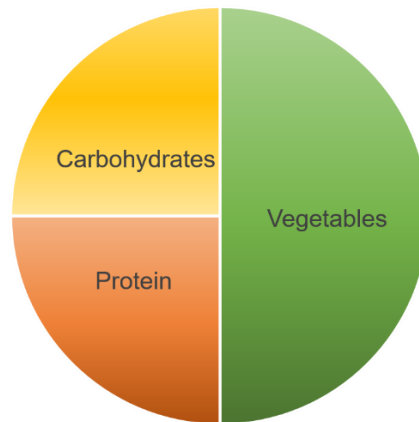
Carbohydrates are our main source of energy. We need to eat some form of carbohydrates at breakfast, lunch and evening meal in appropriate portion sizes.

When we eat any type of carbohydrate, our body digests it and breaks it down to sugars. The sugar is then absorbed into the bloodstream - this is where the term blood sugar comes from.

If you want to control your blood glucose and manage your weight, you need to become more aware of the types of carbohydrates and the portions on your plate. It is important to have enough carbohydrates to provide you with energy, but an excessive amount may cause high blood sugars and may make it harder to control your Diabetes.

Carbohydrate Portion

Portion Plate model



A good guide for a carbohydrate portion is roughly the size of your fist. Alternatively, you can use the portion plate model as shown above to divide your plate. Depending on the size of your fist or the size of your plate this would equate to approximately 50g of carbohydrates.

If you want to learn more about calculating your carbohydrate portion then you can use the nutrition label of the food or use the [Carb & Calorie Counter book or app](#).


Glycaemic Index

The glycaemic index (GI) is a rating system for foods containing carbohydrates. It shows how quickly each food affects your blood sugar (glucose) levels when that food is eaten on its own.

- Low GI foods are broken down slowly, keeping you fuller for longer and have less impact on your blood sugar levels. These include granary bread, porridge, beans, pulses, lentils, whole-wheat pasta and basmati rice.
- High GI foods are broken down quickly and have a dramatic effect on your blood sugar levels. These include confectionary and sugary drinks.

Switching to lower GI carbohydrates, for example from white bread to granary bread, from cornflakes to bran flakes or porridge, will help improve your blood glucose levels and may help with weight management.

Write down below easy swaps in your day to day diet that you could try to help lower your blood sugar levels and improve the management of your diabetes.



Diabetes Session Goal Planner

Now think about a goal you would like to achieve.
Look back at this session and your
[Food, Drink and Activity Diary](#) to help you decide
your goal.



Then complete the planner below:

What do I want to do?

What is my clear goal? (What? Where? When?)

Who or what can help me?

What might get in my way and what can I do about this?

How and when will I reward myself?



Thoughts on Diabetes Session

Now you have finished this session, use the space below to write down any thoughts or ideas you might want to take into the next session. We have included some questions which might help you to think about what you learned, and think what progress you want to make in the next few weeks 😊

What did I learn?

Why are these things that I have learnt important?

What am I going to do with the information I learned?

How am I going to put the learning into practice?

