**Healthy Eating and Weight Management Transcript**

This presentation will focus on understanding dietary recommendations,

looking at general dietary advice and weight management for type 2 diabetes.

A further presentation will talk in more detail about the individual

nutritional elements.

A healthy lifestyle and good food choices underpin all aspects of diabetes management and treatment.

The main aim for treatment is to achieve blood sugar levels that are as

close to normal as possible, and ideally to aim for a healthy body weight.

Diet, together with a healthy lifestyle, will improve well-being, and can protect against long-term damage to tissues such as the eyes, the kidneys, the nerves and heart.

If someone's overweight, then losing weight can really help with diabetes

control, and reduce the risk of long-term complications like heart disease, high blood pressure and stroke.

Evidence shows that managing weight is key to controlling type 2 diabetes.

People should ideally be aiming for a target weight that gives a body mass index within the healthy range, which is between 18.5 and 25 - or up to about 23 or 24 in certain ethnic groups such as South Asians.

Body mass index is a measure of your weight corrected for your height, and there are many online calculators you can use to calculate your BMI.

For many patients, weight loss to achieve a normal BMI may seem daunting at the beginning, so setting a more modest, realistic, short-term target

can be more achievable.

Further weight loss goals can then be set when the initial target has been reached.

Research tells us that, for people who are overweight, losing 10% of excess weight, and maintaining this loss, will result in hugely positive benefits.

However any degree of weight loss at all is beneficial.

So for diet, we need to keep advice simple for someone who's newly

diagnosed with type 2 diabetes, and it's important because there's lots of different dietary advice about that can be very overwhelming.

So initially, we'd suggest concentrating on areas of dietary change that are going to maximize improvement in symptoms and well-being, like reducing products with high sugar content or avoiding adding sugar to food and drinks.

Further areas of change to achieve healthy food choices and lifestyle can

be discussed gradually thereafter.

So healthy eating guidelines for diabetes are based on the same guidelines that are applicable to the wider general population.

There's not a special diet for diabetes - it's really just about

balancing healthy eating food choices and achieving good blood glucose control and weight management.

Healthy eating means eating a variety of foods in the correct portions, from different food groups, each day.

The eat well guide gives a balance on how much you should eat from different food groups.

The sections represent all you can eat during the day including snacks.

The number of portions each person requires from each food group will vary, obviously, depending on their age, their weight, their activity levels - but the overall aim for diet in diabetes should be one that's low in fat, low in sugar and low in salt.

So choosing a variety from the five different food groups will ensure a balanced diet.

Balanced, healthy meals should contain a lean protein, complex carbohydrates and fruit and/or vegetables.

For someone who's trying to reduce weight, an increase in the vegetable

proportions - say, up to 50 percent - and a reduction in the protein and

carbohydrate portions, might be recommended.

A portion of protein is equal to about 60 to 80 grams, or 2 to 3 ounces

of cooked meat or poultry, or a vegetarian alternative; 120 to 240, or 4 to 5 ounces of fish; two eggs; or 2 tablespoons of nuts.

Avoiding snacks might be a good option for people who are trying to lose

weight, but suitable snacks for those who do require them might, for example, be fresh or dried fruit, a diet yogurt that's low in fat and sugar, an oatcake or a cracker, wholemeal bread or toast, or

low sugar breakfast cereal products.

For diet and diabetes there's not a one-size-fits-all.

For some people, regular meals with consistent quantities may be important in stabilizing blood sugar levels and to control the appetite, whereas erratic meals with various quantities of carbohydrate can result in fluctuating glucose levels.

People with diabetes may, however, have different dietary requirements, depending on how long they've had diabetes, and the treatments that they've been prescribed.

So to give some examples, for people with type 2 diabetes treated with diet alone or with oral hypoglycemic - that's tablet - medications, the emphasis may be on general healthy eating and, for some, on weight loss and calorie reduction.

People with diabetes requiring insulin treatment, the dietary intake needs to match the insulin intake, or blood sugar levels will rise or fall for.

For those on the same dose of insulin every day, either once or twice a day, this may mean sticking to a similar diet each day.

People using multiple daily injections, who count carbohydrates, can

adjust their insulin dose according to what they're eating and can be more flexible in their diet.

The general advice on sugar intake for type 2 diabetes is to cut down on sugary food products, so these foods should be limited as part of a healthy eating plan, as they provide little nutrition other than calories.

As part of a healthy balanced diet, it's important as sugar is not taken to excess.

Most recipes will still work if the sugar content is reduced by half, and many recipes can be made without adding sugar at all, with natural sweetness coming from dried fruit.

Diet, sugar free drinks are available and it's preferable to select

a brand of this type.

Most cans of soft drink contain the equivalent of 30 or 40 grams, which is around 6 to 10 teaspoons of sugar, and brands of energy drink currently popular may contain as much as 75 grams, or 15 teaspoons, of sugar.

Sugars in a liquid form are absorbed very rapidly, and can result in very rapid rises in blood sugar levels.

Sweeteners are available in tablet or granulated form, and these contain

saccharin or aspartame.

They shouldn't be boiled and they're less suitable for baking, because they don't hold air well.

The newer sweeteners containing sucrose or stevia are much more suitable for cooking and baking.

All sweeteners sold in the UK have to undergo rigorous safety testing before reaching the marketplace, and the government sets safe limits, and

surveys the general public to make sure those limits aren't being exceeded in day-to-day consumption.

There's no evidence currently to suggest that people are exceeding the safe limits of sweeteners.

You may see products in the supermarket, health food shops,

pharmacies, or on the internet labelled as "for diabetes" or "diabetic products".

These are things such as, often, chocolate, sweets and biscuits.

These products are generally not recommended, as the high fat and calorie content of these products can sometimes contribute to weight gain.

In addition, they often contain a sugar substitute called sugar alcohol - such as sorbitol, maltilol, xylitol, isomalt, and mannitol - and consumption of these can sometimes cause diarrhoea and flatulence.

Diabetes UK and the European Commission concluded in 2013 that there's no real benefit from the use of so-called diabetic products, which became originally more popular in the 1960s, and they have more information,about these products and sweeteners available on their website.

Setting goals can be a really helpful way to achieving a change in behaviour, such as dietary change, activity and exercise change or weight management to improve diabetes outcome.

Goals should be specific and realistic, and should include a date for review.

Discussing goals with friends and family can give support and make

success more likely.

Goal-setting can really help achieve a healthy, balanced diet and lifestyle.

A further video will cover more nutritional detail.