

Benefits of Weight Loss

If you have diabetes, keeping your weight down or losing some weight if you need to, can make your diabetes easier to manage. This is because losing weight will increase your body's sensitivity to insulin, which in turn will make your blood glucose levels more controllable.



Just Eat More
(fruit & veg)

Research has shown that good blood glucose control and good blood pressure control reduce the risk of developing long term complications of diabetes. One of the most serious long-term risks of diabetes is cardiovascular disease. Keeping to a healthy, stable weight and eating a balanced diet helps reduce your overall risk of coronary heart disease and stroke.

Other benefits of weight loss include:

- control of blood glucose levels by increasing the body's sensitivity to insulin
- lowering of blood pressure
- lowered blood fats (cholesterol and triglycerides)
- improved mobility – you can move around more easily if you're not carrying excess weight
- reduced damage to joints – there is less stress on joints if you are not overweight
- increased energy levels
- improved self esteem.

What diet should I follow?

A diet to lose weight does not mean you have to starve yourself or make yourself miserable – in fact small changes are best as it means you'll be able to stick with them in the long run.

Unfortunately, there is no easy solution – whatever the adverts say. Meals and snacks should be based around starchy carbohydrate foods like pasta and cereals with plenty of fruit and vegetables, and food choices should be low in fat, sugar and salt. Studies have shown that a healthy diet combined with physical activity is best for

Successful weight loss and is more effective than if you simply diet or exercise alone. And another bonus, people who remain active are more likely to keep off any weight they lose if they keep up their level of activity.

Fat contains twice as many calories as protein or carbohydrate, so reducing your fat intake will cut calories. Fat in food is not always obvious – pies, biscuits and savoury snacks almost always contain hidden fat.

It's been a common myth that you should cut out starch foods like bread and potatoes to lose weight. This is not true. It is important these starchy foods form the basis of regular meals for good blood glucose control.

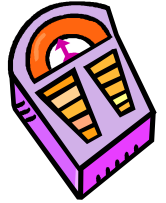
You may find it harder to lose weight if you are already following a low fat diet and can't exercise. In this case you may need to reduce the amount of carbohydrate you eat as well. Your dietitian or healthcare team will be able to advise you, and you may also need to reduce your tablets or insulin dose.

Your doctor may, in special circumstances, suggest tablets specifically to lose weight. These work in combination with a healthy balanced diet. This type of medication is not available everywhere, and where it is, it is only available on prescription and needs strict medical supervision.

Ten ways to achieve weight loss

1 Set realistic target weight. Don't expect too much-any weight loss is better than none!

2 Aim to lose weight gradually by eating sensibly. Losing 1-2 lbs per week on average is good. By losing weight slowly but steadily, you can maintain satisfactory blood glucose control and the weight you lose is more likely to stay off. 'Slimming' products may look like an easy option but if you lose weight quickly you are more likely to return to your old weight once you start eating properly again.



3 Eat regularly. Don't miss meals! You will be more hungry and likely to snack on high calorie foods or you may eat extra food at your next meal. Missing meals will make your blood glucose level more difficult to control.

4 Try to sit down and enjoy your meals. Eating more slowly helps your body to recognize that you have eaten properly.



5 Physical activities in whatever way you can manage. There is no need to take up jogging or squash! Gentle but regular exercise will help.

6 Weight yourself just once a week at the same time of day in the same clothes. Your weight will naturally fluctuate day-to-day and you may become disheartened if you weigh yourself too often.

7 Choose high fibre foods such as wholemeal bread, wholemeal chapattis, wholegrain cereals, wholewheat pasta, brown rice, fruit and vegetables. These tend to be more filling than the refined foods

8 Cut down on Fat:

Use less of your margarine or use low fat spread instead

Avoid adding any extra fat or oil to foods when cooking

Grill, bake, microwave or steam/poach instead of frying

Limit the amount of biscuits, cakes, pastries and crisps that you eat even the low fat ones

Use low fat dairy products such as skimmed milk, cottage cheese and diet yogurt



9 Try to cut down on alcohol – It is high in calories and stimulates your appetite.

10 Food is an important part of daily life - continue to eat a variety of foods and do try new recipes.