

# Healthy Lifestyle (part 1)

Presented by:  
Community Dietitian

**Diabetes**  
**SMART**

ThinkSmart ActSmart LiveSmart



**Wirral Community**  
NHS Foundation Trust

Diabetes Smart is a Healthy Wirral initiative

# Group ground rules

## We agree to:

- treat each other with respect
- let everyone's viewpoint be heard
- maintain confidentiality
- keep to the topic being discussed
- join in discussions
- share information and resources with others
- turn mobile phones to silent/turned off

# Introductions and Questions

- Share your main question

# Healthy Eating

- More vegetables
- Include fruits, whole grains, dairy, oily fish, pulses, and nuts
- Limit processed and sugary foods and drinks
- Care with portion sizes
- Changes that are realistic and achievable



# Food Groups

Vegetables and fruit

Starchy carbohydrates

Dairy and alternatives

Protein

Fats

Processed foods/drinks

# Fruit and vegetables

- Contain vitamins, minerals and antioxidants.
- Help to keep your heart healthy, reduce the risk of stroke and some cancers.
- Prevent constipation
- Reduces blood cholesterol.
- Aim for 5 or more portions daily
- Eat a **RAINBOW!!** Choose different coloured fruits and vegetables.
- Can be fresh, frozen, tinned (dried and juice can also count but take care with portion size!)



# Fruit & vegetables: What is a portion?

- 80g which is
  - 2 handfuls (3-4 heaped tablespoons) of vegetables or salad
  - a cupped-handful of fruit
- 30g for dried fruit
- 150ml for fruit juice – a maximum of 1 glass daily



1 tbsp. dried small fruit



A bowl of salad



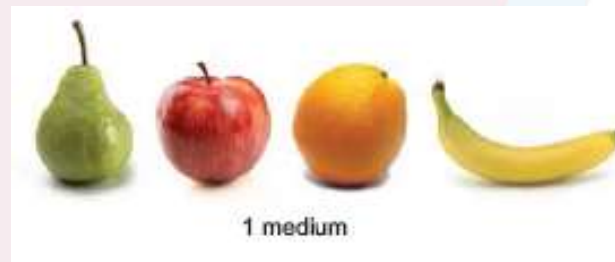
1 handful of grapes



A handful of strawberries or other fresh or frozen berries



3 tbsp. peas



1 medium



2 broccoli florets



4 heaped tablespoons of cooked spinach

# Fruit and vegetables – at least 5 a day

## Breakfast:

- Add fruit to cereals instead of sugar

## Light meals:

- Sandwiches – can you add a bit of extra salad?
- Vegetables added to soup
- Vegetable sticks with dips such as humus
- Add fruit to yogurt

## Main meals:

- Always serve your meal with vegetables or salad
- Add chopped vegetables to stew, casserole, soup, curry
- Fruit based dessert e.g. baked apple, fruit with custard

## Snacks:

- Sticks of carrot, celery, cucumber
- A handful of fresh fruit or small serving of dried fruit



3 tbsp. sweetcorn or other  
canned vegetables or fruit in  
water or natural juice



A bowl of salad



3 tbsp. peas



1 medium



A handful of strawberries or  
other fresh or frozen berries



2 broccoli florets



# Starchy Carbohydrates

- Examples: bread, rice, potatoes, pasta, cereal, crackers, couscous, flour, chapattis, naan, plantain.
- Used by the body as an energy source.
- Amount required depends on energy needs
- All contain carbohydrate and affect blood glucose levels.
- **Check portion sizes**
- (fist sized portion as a guide)



# Starchy and sugary foods



**Quick burst of energy**  
**Hungry again quickly**  
**Low in vitamins, minerals and fibre**

**Steady supply of energy**  
**Feel full for longer**  
**High in vitamins, minerals, fibre and some have protein**

# Protein

- Used by the body for growth and repair, including muscles
- Protein rich foods also contain minerals, such as iron, which are vital for producing red blood cells
- Examples: Beans, pulses, fish, eggs, meat, poultry, nuts, other proteins e.g. Quorn, tofu
- Portion = palm sized
- Include pulses and oily fish
- Reduce/limit processed meat



# Oily Fish

- Examples: Salmon - Mackerel – Sardines - Herring – Pilchards – Sprats – Trout
- Aim for two portions of fish per week of which at least one is oily.
- One portion = 5oz (140g)



## Ways to include healthier protein foods

### Reduce processed meats

- Reduce portion size/ frequency
- Replace with unprocessed versions/lean poultry/pulses

### Include oily fish

- can be tinned (avoid salt), frozen or fresh.
- Fish as a sandwich/toast topping: salmon, mackerel and sardines
- addition to a salad. E.g. grilled salmon.
- jacket potato filling
- swapping meat for fish
- gutted, de-head, scales
- Mix oily fish with white fish in dishes

### Include pulses

- add to stews, casseroles, curries, chillies
- replace some or all of the meat in these recipes
- use in soups
- add to salads

# Dairy and alternatives

- Provide calcium for strong bones and teeth
- Examples: Milk, yoghurt, cheese, calcium-enriched non-dairy versions of these foods



# Fats and oils



**Less healthy fat options  
Often include sugar and salt**

**A Mediterranean approach  
with heart healthy fats**

## Fats

- High in calories. Be mindful of portions.
- If you reduce your fat intake, make sure not to replace it with refined carbohydrates or sugary foods.
- Main types of fats found in food: saturated and unsaturated fat. Most foods will have a combination of these.
- Try to avoid processed (or trans) fats.
- Reduce amount of saturated fat eaten.
- Choose healthier fats: olive oil, rapeseed oil, olives, nuts, seeds, oily fish



## High fat/salt/sugar foods

Not required as part of a balanced diet, so try to include only in small amounts occasionally



# Ways to reduce less nutritious foods

- Reduce portion size
- Reduce frequency
- frequency
- Adapt recipes/ingredients
- No need for 'diabetic' foods
- Home-made options
- Healthier cooking methods
- Choose healthier snacks e.g. salad vegetables, small serving of fruit, nuts/seeds, natural yoghurt with berries/seeds/nuts
- Limit snacking

## Carbohydrate

Sugar and sugary foods/drinks



Starchy foods



Starchy vegetables (parsnip, sweet potatoes, swede, beet root)



Most fruits



Milk



Yoghurt

breaded/battered meat/fish

baked beans

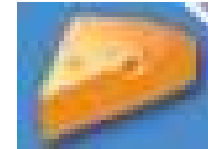


## No carbohydrate

Most vegetables



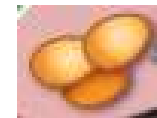
Cheese



Meat



Fish



Eggs



Nuts

Butter/fat spreads



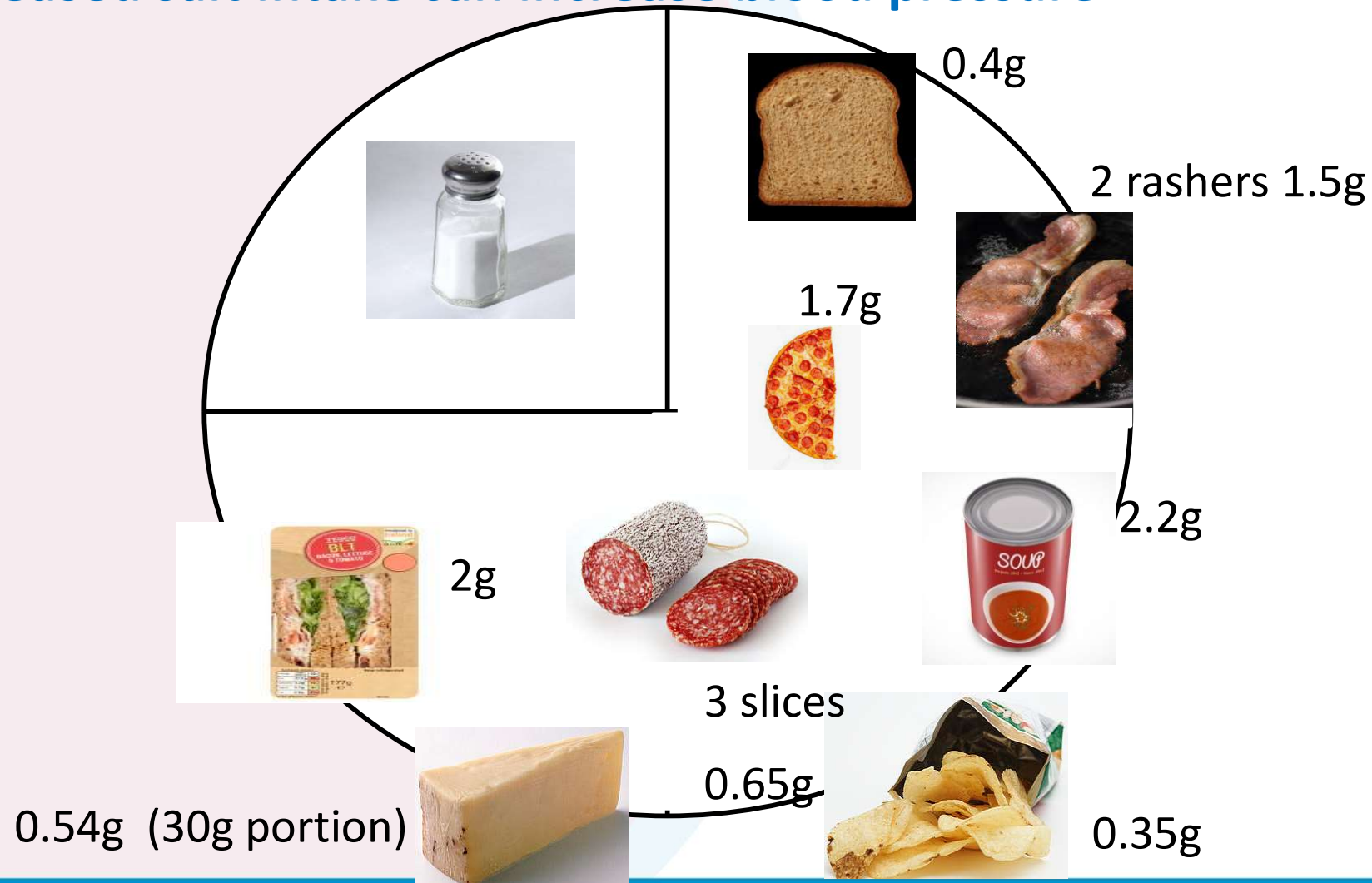
Oils



# Salt

Recommended less than 6g per day

Increased salt intake can increase blood pressure



# Ways to reduce salt intake

- Check food labels
- Make more meals from scratch
- Herbs and spices, instead of salt to season
- Measure and reduce added salt
- Reduce portion/frequency of high salt foods

# Alcohol

- No more than 14 units of alcohol each week
- You should have several alcohol-free days each week



# Alcohol units

2 units



pint of  
standard  
strength  
beer, lager  
or cider

1 ½ - 2 units



Small  
125ml  
glass of  
wine

1 unit



Single  
measure  
of spirits

1 ½ units



Bottle of  
Alco pop

# Alcohol

## Health considerations

Too much increases health risks, including:

- Heart disease (raises blood pressure; raises blood fats (triglycerides))
- Stroke
- Cancer
- Liver disease
- Weight gain (high in calories)

Carbohydrate content (beers, lagers, ciders, fortified wines, liqueurs mixers)


Choose sugar free mixers

Hypoglycaemia risk (insulin/sulphonylurea treated diabetes)



# Alcohol

- Check carbohydrate/sugar content
- Be mindful of the high calorie content

Drink	Calories (kcal)	Food equivalent
A standard glass (175ml) of 12% wine	126kcal 	1 Chocolate Mini Roll
A pint of 5% strength beer	215kcal 	1 packet of crinkle cut crisps
A glass (50ml) of (17%) cream liqueur	175kcal 	2 mini mince pies
A standard bottle (330ml) of 5% alcopop	237kcal 	3 teacakes
A double measure (50ml) of 17.5% fortified wine	65kcal 	1 bourbon biscuit

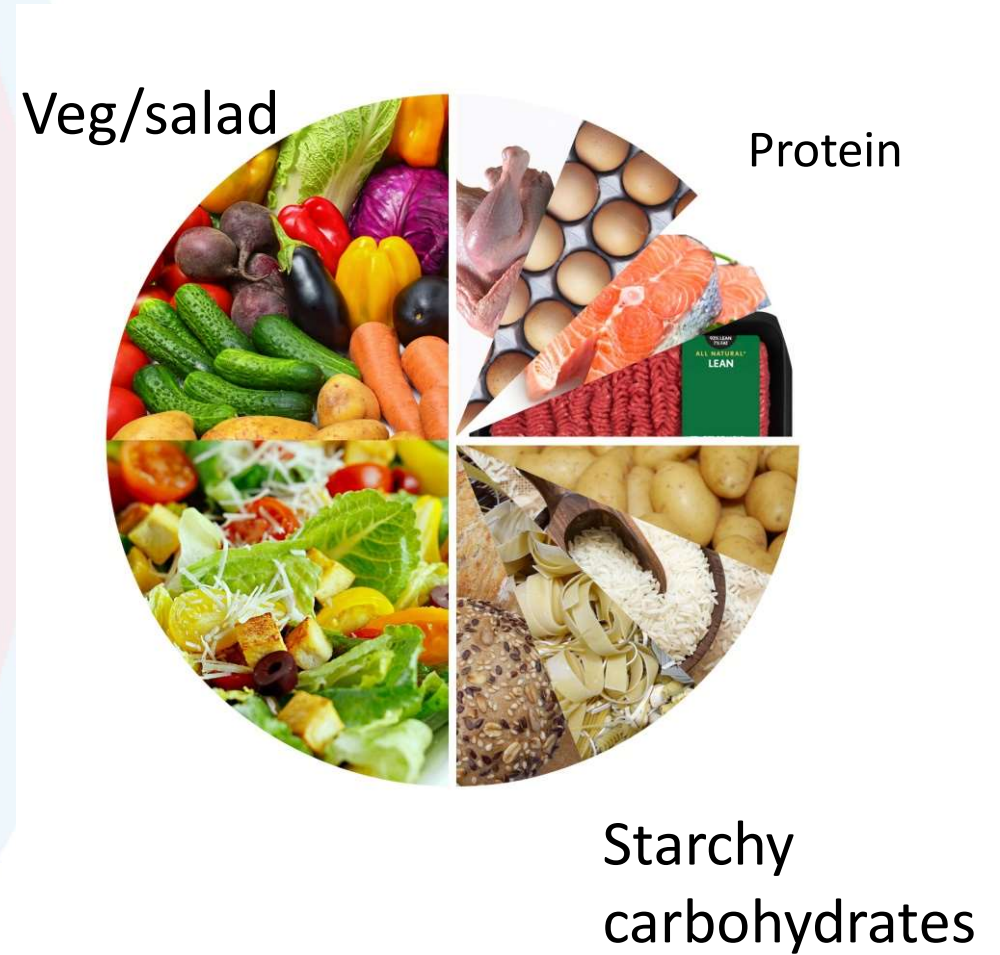
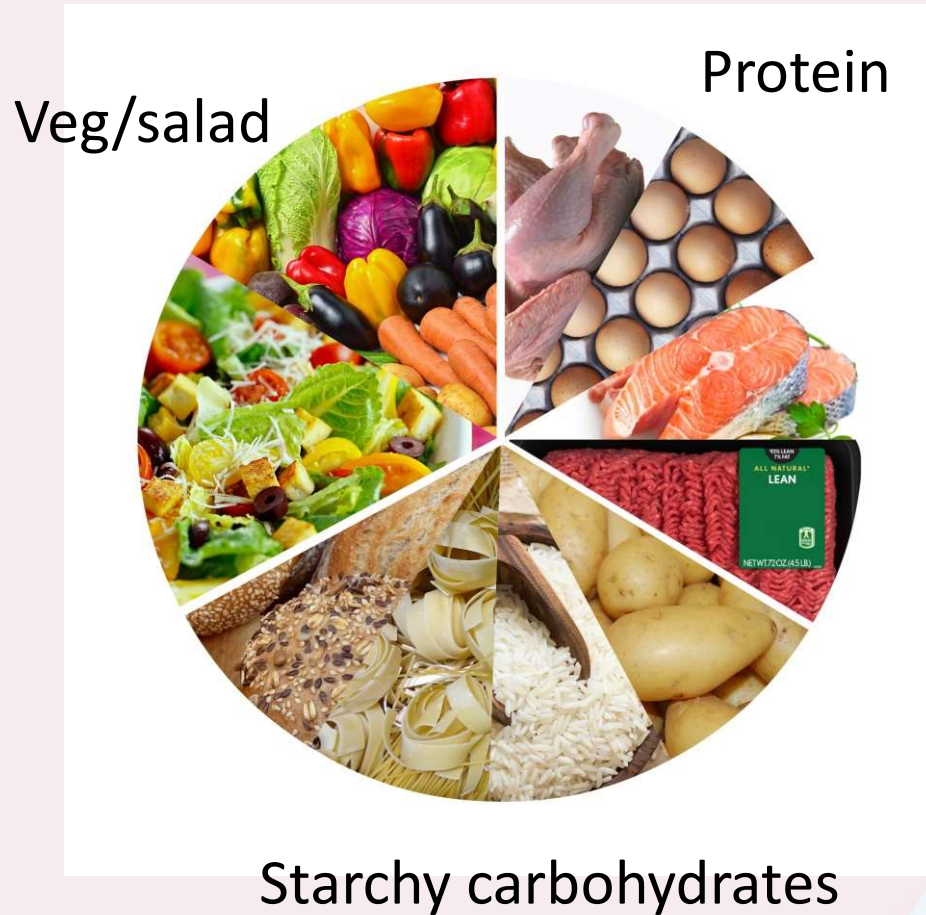
# Alcohol

## How can we reduce how much alcohol we drink?

# Alcohol

## How to reduce

- Replacing/alternating alcoholic drinks with non-alcoholic drinks
- Pace yourself – enjoy your drink slowly and keep track of how much you are drinking
- Increase the number of alcohol-free days
- Track your drinking



# Activity – Make the meal more balanced

- Is the meal balanced?
- What could be changed to make the meal more balanced?

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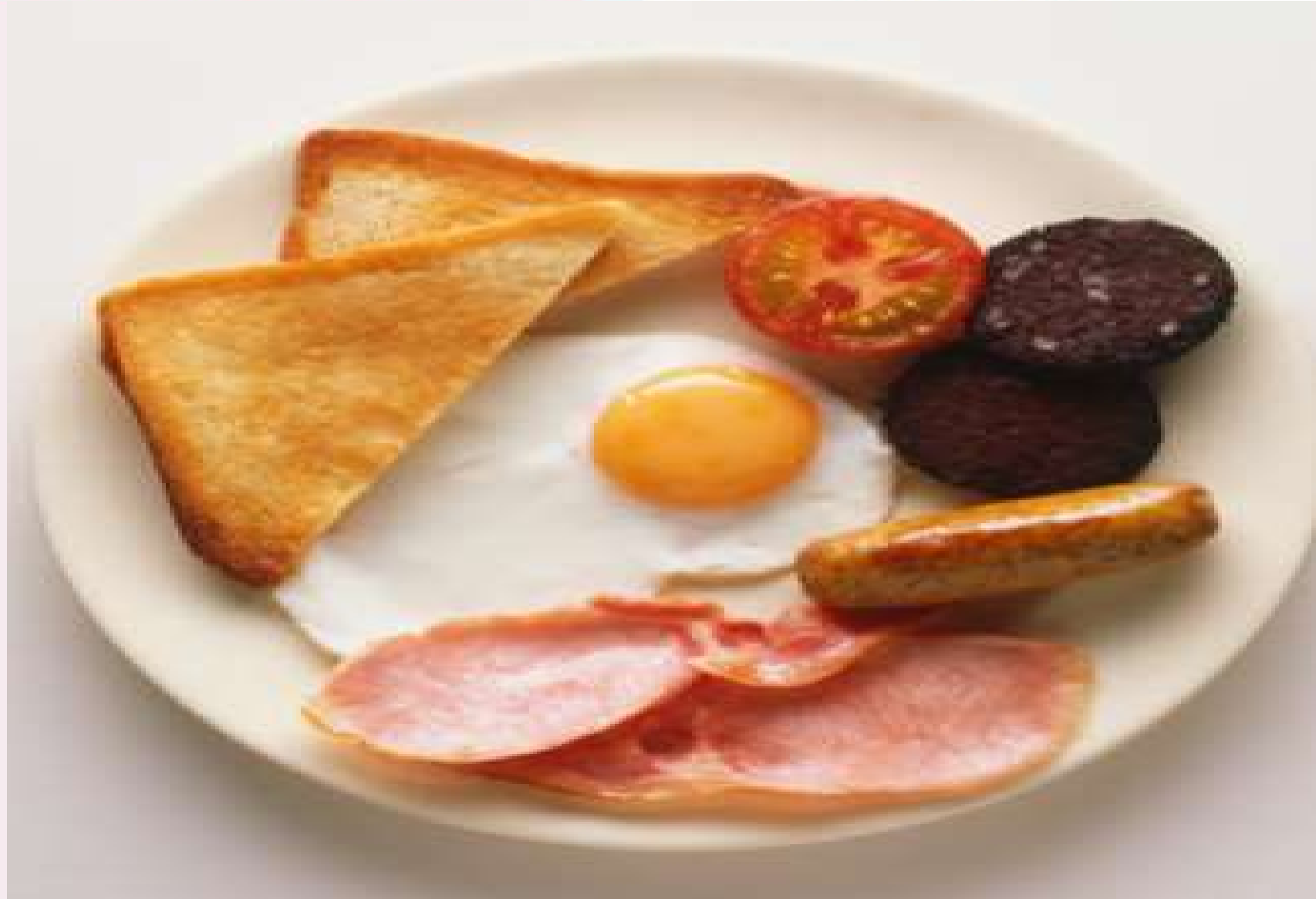
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# SMART Goals

<b>Specific</b>	What will you do?
<b>Measurable</b>	How much...how often?
<b>Achievable</b>	How confident are you that you <b>can</b> do it? (at least 7/10)
<b>Realistic</b>	How confident are you that you <b>will</b> do it? (at least 7/10)
<b>Time Bound</b>	When will you do it?
<b>Evaluate</b>	How did it go?
<b>Review</b>	What will you do next?

# Questions to help you set your Goals

- What is your Goal?
- How important is your Goal to you?
- What makes it important?
- What do you need to achieve it?
- Which bits will you do this week?
- How much? How often? When?
- If you visualise yourself doing this bit of your Goal this week, how confident do you feel, on a scale of 0-10?

# Further support

## You can access the following topic session:

- Physical Activity
- Food labelling
- Carbohydrate Awareness
- Keeping well with Diabetes
- Insulin
- Review sessions

Book on 0151 604 7271 or email [dietetics.wirralct@nhs.uk](mailto:dietetics.wirralct@nhs.uk)

### For Resources and support :

[www.wchc.nhs.uk/services/diabetes-smart/self-care-resources-and-support/](http://www.wchc.nhs.uk/services/diabetes-smart/self-care-resources-and-support/)

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**Thank you for joining us today!**

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