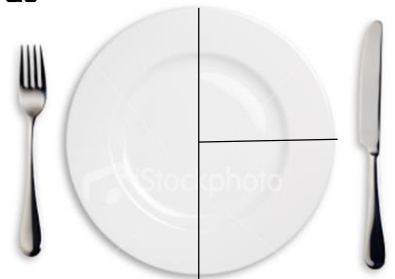


10 Top Tips to Living Well:

1. We **all** need to **eat healthily** to help reduce risk to our long-term health, with diabetes especially to help manage blood pressure and cholesterol below target targets. **If you have type 1** diabetes the biggest nutritional change you can make is to match your quick-acting insulin to your carbohydrate, but leading a healthy lifestyle is still important to help manage overall health.
2. Avoid the idea of "diets", which can lead to all-or-nothing thinking and yo-yo weight, instead go for an eating pattern **full of whole foods**: *eating 30 different plant foods a week is a great place to aim for!*
 - Eat more **vegetables and fruit**
 - Eat more **beans and pulses**
 - Include **fish** in your diet, especially oily (pink/grey fleshed fish)
 - **Eat less meat**
 - Include **nuts and seeds**, and good healthy fats such as avocado,
 - Include **low fat dairy** foods
 - Eat moderate amounts of **high fibre** and wholegrain *carbohydrates* e.g. nutty natural muesli, jumbo rolled oats, seeded and rye breads, pumpnickel, sour dough, wholemeal pasta, brown/basmati rice, sweet potatoes, old potatoes with skins on, new potatoes, quinoa, buckwheat, bulgar wheat, green banana, unripe plantain, cassava, millet, teff. Pounded foods like fufu, eba and gari are healthy in smaller portions.
 - **Eat less processed meat, sugary drinks, salty and fried foods**

3. Have a **balanced plate**, to help with weight loss aim for:
 - o ¼ carbohydrates
 - o ¼ protein: beans/lentils/eggs/fish/meat/tofu/soya/Quorn
 - o ½ vegetables/salad

If you want to maintain your current weight aim for a 1/3 of each



4. To **spread out carbohydrates during the day**, i.e. *three small meals* a day, plus *up to two small carb-based snacks* a day, i.e. have cereal, followed by a fruit snack ~1-2 hours later, rather than cereal plus fruit at the same time
5. If hungry on top of your *two carb snacks* a day to have filling **low-carb snacks** (see *snack list*), that will fill you up,.
6. Some foods don't fill us up, and as a result we can eat too much. If you want **ultra-processed high calorie snacks**, like crisps, chocolate, biscuits, ice cream, you can, but try to limit these to x3/week

7. Swap to **sugar-free drinks**, i.e. zero/diet fizzy drinks, no-added-sugar squash, tea and coffee, herbal/fruit teas, water/soda water with fresh lime/lemon/mint – if possible it is best to cut out sweeteners altogether, as it can still increase our cravings for sugary foods. Having 6-10 glasses/mugs of fluid a day will help your energy levels.
8. Aim to do a minimum of **150 minutes moderate activity a week**, for example brisk walking, which can be broken down into 30 minutes x5/week, or 10 minutes x3/day, monitoring this in a diary or App can help with motivation
9. In addition to the moderate aerobic activity above, we should also do **strength / resistance exercise**, like stretches or weights, at least twice a week: www.nhs.uk/live-well/exercise/strength-exercises/
10. **Sit down less!** In addition to being more active, we also need to be less sedentary. Many adults in the UK spend more than 7 hours a day sitting down. Try setting an alarm to move every 30 mins.

Bonus Tips:

11. **Cook more from scratch** to avoid relying on higher fat/sugar convenience foods, like ready meals, which can be more digestible, and so you may find it harder to lose weight if you use these products frequently; they also generally have more salt and use lower quality produce than if you bought the ingredients separately
 - If you can't cook every day, try cooking up a big batch and freezing portions for another day
 - If you use ready meals make sure you're going for healthier options, i.e. ones with more greens than reds on the front-of-pack traffic light food label
12. **Meal plan:** set a little time once a week to think about what you will eat over the coming week, write this on a note on your phone, or notebook, or computer, you can then make a shopping list, which will save you time and money in the long-run. You can then repeat the following week, or create a whole new plan!
13. A **healthy gut** can help optimise not just bowel health, but weight and blood glucose. Having high fibre foods (see *carbohydrates above*) and fruit and vegetables all fuel the good bacteria. To help top up these good bacteria go for naturally occurring probiotics and fermented foods, like gherkins and live yoghurt
14. It's not just *what* we eat and *how much*, but *when* we eat. Studies suggest a 12 hour fast, or **time restricted eating**, can help us lose weight, increase insulin sensitivity, improve overall health and longevity i.e. not eating between 8pm and 8am. We are more prone to higher blood glucose in the evening, so not eating too late is something to aim for.

15. **Slow down and think about the 20 rule!** It takes around 20 minutes to recognise we are full, so try to slow down when you eat. Chew each mouthful 20 times, and don't go back for seconds until 5-10 minutes after your first plate.
16. It's true what they say, **eating from a smaller plate**, or a plate with a big border, will trick your brain into thinking you have eaten more than you have.
17. **Don't leave your activity until "later"**. Doing it first thing in the morning means you don't have to waste mental energy convincing yourself to do it all day!
18. As we age we don't **maintain muscle** in the same way we did when we were younger, this started to happen from our 40s onwards! Try to include some protein (see point 3 above) at each meal, this includes breakfast, and add in some strength exercises (see point 9). You will have more energy, better immunity and balance.
19. **Decisions vs. rules.** What we tell ourselves becomes true. Don't tell yourself "I'm lazy", try telling yourself "I'm a walker", or "I eat my 5-a-day", or whatever healthy living goal you are aiming to achieve. It will make it easier to succeed, rather than having to decide each day to go for that walk!
www.youtube.com/watch?v=N4JxKuv-T0&feature=youtu.be
20. **Get enough sleep!** Most adults need 6-9 hours a night. If you feel tired during the day, and are struggling with sleep, see the *NHS* webpages on sleep.
21. **Stress:** if you are feeling overwhelmed, stressed, feeling down, or anxious, this can all have an impact on your blood glucose and your ability to manage your diabetes – *try searching the NHS pages for an IAPT service near you, or NHS Moodzone*
22. There is no 'safe' **alcohol** intake. The low risk alcohol drinking limits are 14 units a week, or 1-2 drinks a day, with at least 2 days off during the week. Alcohol is full of calories and can make losing weight harder too. Try keeping note of days you drink/don't drink to help you keep track.
23. **Stop smoking!** If you smoke, this should really be top of this list. Free NHS services available.