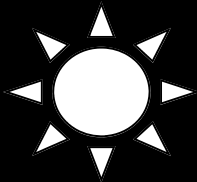




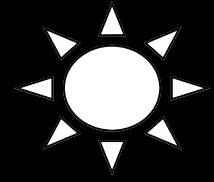
Your Monthly Health & Fitness Newsletter: March/April

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## Is Type 2 Diabetes a Serious Disease?



### Type 2 Diabetes

Is strongly correlated to obesity & a sedentary lifestyle. Insulin resistance is primary issue in type 2 diabetes—impacts insulin's ability to control glucose levels. Type 2 diabetes is a life threatening disease with symptoms such as; cardiac disease, hypertension, kidney disease, blindness & amputation.

By simply implementing a healthier lifestyle research shows the risk of Type 2 diabetes can be reduced by 60% with healthy eating, modest weight loss of 5-7% and regular physical activity totalling 30 minutes, 5 times a week.

### Acting Now can reduce the burden

Early diagnosis and good management of blood glucose, blood fats & blood pressure can reduce the risk of these complications.

- Approximately 1.2 million Australians are estimated to have diabetes, but only half are aware they have this chronic condition
- Over 1,100 Queenslanders are diagnosed every month with 90% being type 2
- In 2004 there were 550 children in Australia registered with Type 2 diabetes, and over 80 in Queensland, this has possibly tripled by now.
- The cost to public health is \$6 billion each year nationally.

### Preventing Type 2 Diabetes - A Guide to Good Health

Step 1 Be fit by staying physically active in many ways, as often as you can.

Aim for 30 minutes every day. Activity can be cumulative e.g., 10+10+10 minutes. For more detailed information, obtain a copy of the National Physical Activity Guidelines.

Step 2 Eat well. Choose a variety of foods, which are low in saturated fat and salt. High-fibre foods are also recommended e.g., wholegrain breads and cereals, legumes, fruit and vegetables. It is very important not to eat more food (energy) than you can use (burn) if trying to prevent putting on weight. These Healthy Eating Guidelines are described in detail in the Food for Health brochure.

Step 3 If you smoke, STOP! Get help if needed, call QUITLINE on 131 848.

Step 4 If you drink alcohol, do so in moderation.

Step 5 Keep track of your weight (and waist). Even small amounts of weight loss can make a big difference to your general health

Follow the 5 steps to good health listed here to help prevent Type 2 diabetes and achieve good health.

**In Brief: Remember diabetes is a serious condition. If left untreated can cause heart attack, stroke kidney failure, blindness, amputation, and erectile dysfunction.**

Type 2 diabetes the most common form of diabetes, can be successfully managed or even prevented by maintaining a healthy weight, engaging in regular physical activity & having healthy eating patterns.

**Type 2 Diabetes is A LIFE THREATENING DISEASE & SHOULD BE TAKEN SERIOUSLY**

## Lesli Toohey

I have been training with the Health For Life team for four years. In that time I have had a lot of sore muscles, laughs, sore muscles and results.

I finished studying last year and decided over Christmas that it was time to get serious about my health and fitness. My liver and I were very excited about the possibilities. My enthusiasm was matched by the boys and I started my new training program. This year has proven to be very successful, as I have made changes to my diet, lifestyle and exercise regime, all of which have helped to make me feel great!

The boys at Health For Life are friendly, fun and seemingly intelligent, however their inability to count at times can be a concern.

But in all honesty, I have learnt a lot about health and fitness that has educated me to make the right lifestyle choices for my long future ahead.

Thanks boys!

*Well done Lesli, you should be really proud of the effort you've put in over the last few months. Enjoy the massage!*



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## Vitamin A - !

Remember when Mum use to say "eat your carrots so you can see in the dark." Well, she was right.

In fact, vitamin A deficiency is the leading cause of preventable blindness in children and can lead to night blindness, particularly during pregnancy.

Night blindness is when you become over sensitive to light when it's dark so oncoming traffic looks like all their headlights are on high beam. The main sources of vitamin A are found in liver and fish liver oils, so good luck in trying to get children to eat those!

Surprisingly, vitamin A is not found in plant material, but carotene is. Carotene, also known as pro-vitamin A, gives plants their yellowish colour. This is absorbed into the body and converted to vitamin A.

Some nutritionists consider vitamin A to be the most important vitamin in the body due to its role in growth, reproduction and sight. Deep yellow fruits and vegetables such as carrots, broccoli, pumpkin, peas and spinach provide vitamin A in the form of carotenes while grain products, milk and milk products also provide vitamin A.

Vitamin A can be lost from foods during preparation, cooking or storage so one of the best ways to maintain it is to eat your fruits and vegetables raw. (Of course if you don't like them raw then yes cook them)

So, to keep up your vitamin A intake (and be able to see in the dark!) chew on a carrot just like Bugs - who knew Mum would be right AGAIN!

## ... Healthy, low fat snack

### What you will need ...

1 cup plain flour  
1/2 cup coconut  
1/2 cup protein powder  
1/4 cup oil  
100g chopped apricots  
150g sunflower / pepitas  
1 tsp vanilla essence  
1 table/s apple juice concentrate  
4 eggs white (crack, whisk one at a time)

### What you will need to do ...

- Mix all the ingredients together in a pot
- 1 1/2 cups oatmeal soaked in 1 1/2 cups of water. Stand for 15 mins.
- Mix both groups of ingredients.
- Grease pan and cook on 170 degrees for approximately 35 mins.
- Can be eaten hot or cold!



## Are you getting your H2-Go?



In today's wellness climate, we often hear about how important water is for us and how much we should be drinking.

And considering that our bodies are predominantly composed of water and that a large amount of our bodily functions take place in water, it is fair to say that water is vitally important for our health and well-being.

However, how much do we need and do we need to consume copious glasses of H<sub>2</sub>O to satisfy our bodies need for hydration?

On average we lose around a litre and a half of water per day so yes this needs to be replaced to stay alive. If you enjoy water, great drink it - it's great for you! However, if it makes you want to gag there are other avenues to ensure that you can replace any lost fluid.

Similar to us, many vegetables contain a large percentage of water. So, our fruits, vegetables and meat contain water that when eaten will re-hydrates us, and always remember a little bit of cordial in plain water is a tasty and healthy drink replenishing those lost fluids.

Eat and drink well and you'll satisfy your thirst needs.

...

5.

2

# 7 Simple Things You Can Do To Improve your Diet

## 1. Ensure you eat plenty of variety

Eating a wide variety of foods will increase the nutrients you gain from your diet and decrease the percentage of “inappropriate” foods.

### Do you eat ...

- 7 pieces of fruit and vegetables a day?
- Eat whole grain breads and cereals?
- Try new recipes?
- Eat out at a variety of restaurant types?

## 2. Reduce your saturated fats to 6-10% of total caloric intake

The Health Department strongly recommends we reduce our saturated fat intake to 10% (currently it is at around 17%).

### Do you ...

- Use 100% virgin cold pressed olive oil?
- Trim your meats before cooking?
- Use low fat dairy products or reduce intake?
- Limit your intake of takeaways & treats?
- Remove the skin from chicken?
- Use yoghurt instead of sour-cream?
- Use vegetable based or low fat spreads?
- Avoid sauces and creamy meals?
- Limit the number of fatty foods in a meal?
- Use low fat ice creams?

## 3. Increase the fresh foods in your day

An easy way to increase the quality and quantity of nutrients in your diet is to increase fresh foods. You should replace processed foods for fresh alternatives. Fresh produce is higher in vitamins/minerals/antioxidants.

### Do you...

- Use fresh vegetables over frozen ones?
- Limit or avoid frozen meals?
- Limit your reliance on canned foods?

## 5. Balance out the large nutrients

Balancing out the proportion of the carbohydrate, protein and fat as well as actual meal size is important for satiety (feeling full) and health.

### Do you ...

- Ensure that you roughly serve a “palm size serving” of protein on a plate (this will represent 1/3 of your proportion of food for the meal),
- Fill ½ of the remaining plate with carbohydrate sources (pasta, rice, potato, cereal, noodles etc.),
- Add an extra large serving (as much as you can eat) of produce (vegetables/fruit)
- Avoid adding fat as it is not required under normal circumstances - it will already be present in these foods thus far

## 6. Choose healthy low fat and/or vegetarian sources of protein

Protein initiates the body to tell the brain that you are full, without it we tend to over-consume and feel unsatisfied after a meal. We also make our worst meal decisions when we are hungry.

### Do you ...

- Ensure you get a palm serve of trim meats (turkey, chicken, lamb, beef)?
- Eat fish 2-3 times a week?
- If vegetarian use at least two of the following combinations - eggs, beans, nuts, seeds, lentils, chickpeas, tofu, tempeh, low fat cheese, grains, seaweed, sprouts, hummus, and miso?

## 7. Eat plenty of fibre rich foods

A high fibre diet is related to reduced blood lipids and reduced incidence of colon cancer. Fibre also binds to fat, and feeds our intestinal cells.

### Do you ...

- Consume 7 pieces of fruit/vegetables a day?
- Use whole grains?
- If required add fibre to your diet