

# do you need to lose some weight?

**If you are overweight, the best way to lose weight and keep it off, is through eating healthily and being physically active every day.**

## Regular physical activity

**Here's a few tips to help you to be more active every day:**

- > To lose weight you need to do at least an hour of moderate exercise such as walking, bicycling or swimming every day.
- > Consider joining a formal activity program or group and take 'time out' for yourself.
- > Increase your daily activity by walking or cycling to get the milk or morning paper instead of driving and, if possible, walk to work, the shops or when visiting friends.
- > Get a free copy of the *Physical activity and type 2 diabetes* information sheet.

## How to eat healthily

**The following list gives the basics to help you plan a healthy eating menu:**

- Eat at least three regular meals each day. If you snack between meals choose one serve of low fat carbohydrate food (eg: 1 tub low fat yoghurt, 1 piece of fruit, 2–3 crispbreads).
- Choose wholegrain or wholemeal breads (one serve is 2 slices of bread or 1 bread roll).
- Eat cereals in moderation at meals such as 1 cup of rice, pasta or high fibre breakfast cereal (eg: porridge, untoasted muesli).
- Have at least two pieces of fruit each day.
- Have at least five serves of vegetables each day (one serve is 1/2 cup of cooked or 1 cup of salad).
- Limit fats and oils in cooking. Avoid deep fried foods and try grilling, steaming or stir-frying. Use a non-stick pan and an oil spray if needed.

**In Australia, nearly half of all women are overweight. Being overweight is strongly associated with type 2 diabetes and losing weight can make it easier to manage. The most effective way to lose weight and keep it off is to make long term changes to your lifestyle, most importantly by eating healthily and taking regular physical activity.**



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- Always use lean meat or skinless chicken.
- Include fish or vegetarian substitutes (eg: tofu, unsalted nuts, beans, peas or lentils).
- Use reduced fat milk, low fat milk or low fat soy drink.
- Have small serves (eg: 40g) of low fat cheeses such as cottage, ricotta and low fat sliced cheeses.
- Have moderate amounts of low fat yoghurts such as 'Light' or 'Diet' varieties.
- Avoid lollies, chocolates, biscuits and pastries.
- Avoid processed snack foods (eg: crisps and chips), takeaway and other high fat convenience foods.
- Drink water for thirst and diet cordials or diet soft drinks for variety.
- If you drink alcohol, try to have no more than 1 standard drink each day (2 standard drinks each day for men).\* A standard drink is equivalent to 285mL regular beer, 425mL low alcohol beer, 100mL wine, 60mL fortified wine or 30mL spirits. Drink with a meal or snack containing carbohydrate and try to include alcohol-free days each week.
- Eat slowly and enjoy each mouthful. Avoid eating while doing other things such as watching television or reading.
- Try to identify the times when you eat but you're not hungry, such as when you're bored, tired or upset. A walk can be a helpful distraction.

**For more advice, contact your local Accredited Practising Dietitian (APD) or talk to your doctor (refer to page 4).**

\* NHMRC, Dietary Guidelines for Australian Adults (2003).

## Sample meal plan to help you lose weight

*(approximately 5500 kJ/1300 calories per day)*

Sometimes it can be difficult to know exactly what to eat and how much to have. To help you, we have developed this sample meal plan.

Substitute different foods you like from the same group for variety and make sure you eat the number of serves shown each day so you get all the nutrients you need.

**Remember that these are suggestions only to help you get started until you visit a dietitian for more specific advice about what's best for you.**

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<b>Breakfast</b>	<ul style="list-style-type: none"> <li>&gt; 1 cup cereal OR 1 cup cooked porridge OR 1/2 cup untoasted muesli OR 2 slices grain toast.</li> <li>&gt; 1 cup low fat milk/soy milk OR 1 tub of low fat yoghurt.</li> <li>&gt; 1 piece of fruit OR 1 cup of canned/stewed fruit.</li> </ul>
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<b>Morning Tea</b>	<ul style="list-style-type: none"> <li>&gt; 1 slice bread OR 2 dry biscuits with a scrape of poly margarine and fruit spread.</li> <li>&gt; Water, diet cordial, diet soft drink, tea/coffee.</li> </ul>
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<b>Lunch</b>	<ul style="list-style-type: none"> <li>&gt; 1 sandwich on 2 slices grain or wholegrain bread with a scrape of poly margarine.</li> <li>&gt; 1 cup salad vegetables (eg: lettuce, tomato, cucumber) and oil free dressing (if desired).</li> <li>&gt; Water, diet cordial, diet soft drink.</li> </ul>
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<b>Afternoon Tea</b>	<ul style="list-style-type: none"> <li>&gt; 1 piece fruit OR 1 cup canned/stewed fruit.</li> </ul>
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<b>Dinner</b>	<ul style="list-style-type: none"> <li>&gt; 1 cup cooked rice/pasta/noodles OR 1 medium potato or sweet potato.</li> <li>&gt; 1/2 cup cooked dried beans/peas/lentils OR 1 fish fillet OR 90g lean cooked steak.</li> <li>&gt; 2 cups cooked vegetables (eg: beans, broccoli, carrots, cauliflower, zucchini, spinach).</li> <li>&gt; 1 x 200g tub low fat yoghurt OR 1 cup low fat milk OR 1 cup low fat custard or 1 piece fruit OR 1 cup fruit salad/canned fruit.</li> <li>&gt; Low joule jelly (if desired).</li> </ul>

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## Extra snippets of information

- Use herbs, spices, garlic, chilli, lemon juice, vinegar and sauces to add flavour without fat.
- Eat a variety of different foods within each food group.
- Have the occasional treat and enjoy it.
- MOVE MORE: daily physical activity helps you to lose weight and control your blood glucose.

## To find a local dietitian and for more information contact:

- > Your State or Territory Diabetes Organisation on 1300 136 588
- > The Dietitians Association of Australia on 1800 812 942 or [www.daa.asn.au](http://www.daa.asn.au)

### Would you like to join Australia's leading diabetes organisation?

- > Dietary services
- > Free magazines
- > Children's services
- > Educational literature
- > Product discounts
- > Support groups

For more information phone **1300 136 588** or visit your State/Territory Organisation's website:

<b>ACT</b>	<a href="http://www.diabetes-act.com.au">www.diabetes-act.com.au</a>	<b>NSW</b>	<a href="http://www.diabetesnsw.com.au">www.diabetesnsw.com.au</a>
<b>NT</b>	<a href="http://www.healthylivingnt.org.au">www.healthylivingnt.org.au</a>	<b>QLD</b>	<a href="http://www.diabetesqld.org.au">www.diabetesqld.org.au</a>
<b>SA</b>	<a href="http://www.diabetessa.com.au">www.diabetessa.com.au</a>	<b>TAS</b>	<a href="http://www.diabetestas.com.au">www.diabetestas.com.au</a>
<b>VIC</b>	<a href="http://www.diabetesvic.org.au">www.diabetesvic.org.au</a>	<b>WA</b>	<a href="http://www.diabeteswa.com.au">www.diabeteswa.com.au</a>

The design, content and production of this diabetes information sheet has been undertaken by the eight State and Territory member organisations of Diabetes Australia Ltd listed below:

- > Diabetes Australia – NSW
- > Diabetes Australia – Queensland
- > Diabetes ACT
- > Diabetes SA
- > Diabetes WA
- > Diabetes Australia – Victoria
- > Diabetes Australia – Tasmania
- > Healthy Living NT

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