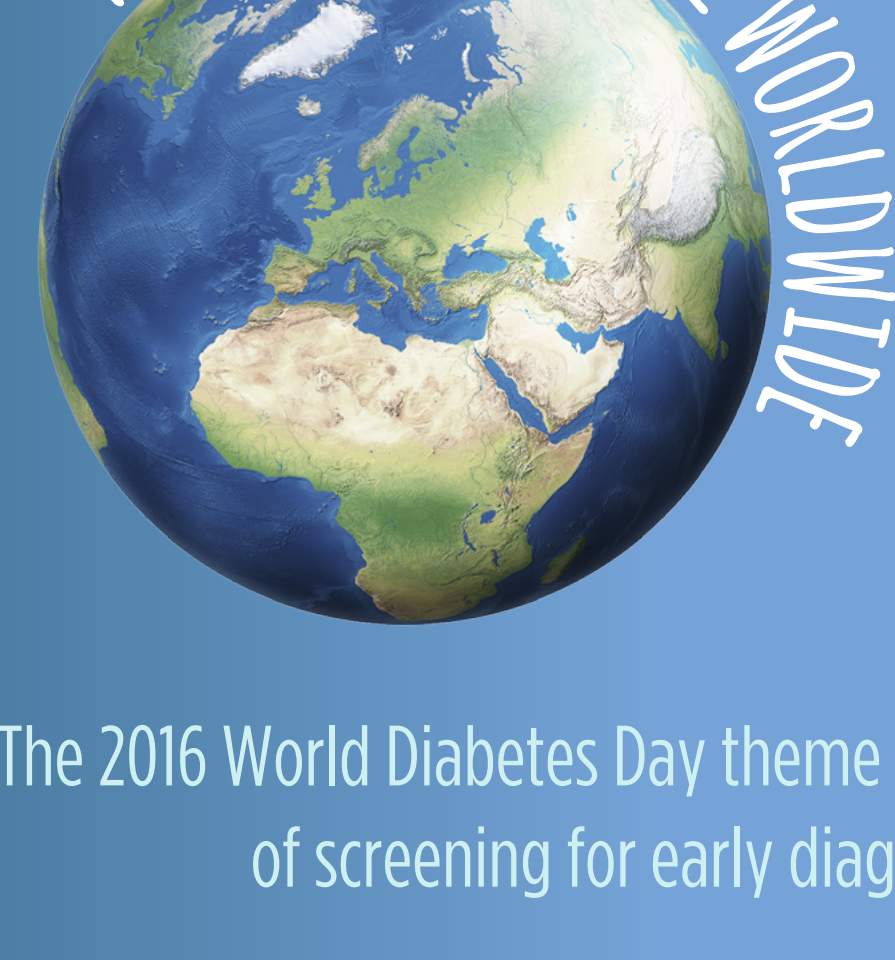


IT'S EASY TO START WITH ONE SIMPLE STEP



50%

OF PEOPLE
WITH DIABETES
ARE UNDIAGNOSED

The 2016 World Diabetes Day theme is Eyes on Diabetes highlighting the importance of screening for early diagnosis and reductions in complications

UP TO 70%

OF TYPE 2 DIABETES CASES COULD BE PREVENTED OR DELAYED
BY ADOPTING SIMPLE LIFESTYLE CHANGES¹

5 STEPS TO HELP YOU REACH A HEALTHIER LIFE WITH GOOD GLYCAEMIC CONTROL



HEALTHIER EATING HABITS

An individual nutrition therapy programme, preferably provided by a dietitian, is recommended for all people with diabetes.²

A healthier diet can help prevent Type 2 diabetes.³



EAT MORE VEGETABLES &
INCREASE FIBER INTAKE



EAT LESS SUGAR
AND SATURATED FAT



HAVE REGULAR
MEALTIMES



TALK TO A DIETITIAN
ABOUT A PERSONALISED
EATING PLAN



BEING MORE ACTIVE

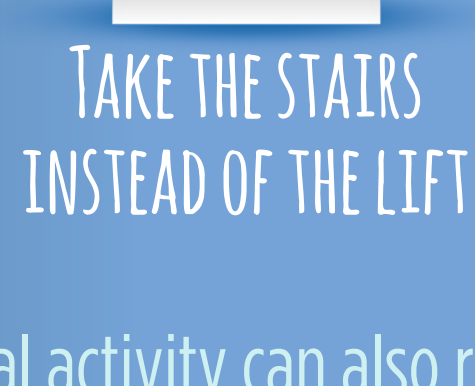
A physical activity plan does not need to be hard! Being active most days of the week with moderate-intensity aerobic activities like walking, cycling or even dancing, and muscle-strengthening activities such as weight training and pilates is just enough!

And the good news is that you don't have to do it all at once.

TRY TO BE ACTIVE AT LEAST 30 MINUTES, FIVE DAYS A WEEK



GO FOR A WALK
A FEW DAYS A WEEK



TAKE THE STAIRS
INSTEAD OF THE LIFT



START A NEW ACTIVITY,
LIKE SWIMMING



OR
YOGA/PILATES

Increasing physical activity can also reduce the risk of getting Type 2 diabetes³



WATCH THOSE CARBS AND SUGARS

Monitoring carb intake is a way to achieve good blood glucose control.³



SPREAD THE CARBS YOU EAT
THROUGHOUT THE DAY



CHOOSE WHOLEGRAINS
INSTEAD OF PROCESSED CARBS
LIKE WHITE BREAD



REDUCE SUGAR INTAKE AND TRY
REPLACING SOME SUGAR WITH
LOW CALORIE SWEETENERS IN
FOODS AND BEVERAGES

Low calorie sweeteners provide low or no calories and do not affect blood glucose or insulin levels. The European Food Safety Authority (EFSA) has recognised that "Consumption of foods containing low calorie sweeteners instead of sugar induces a lower blood glucose rise after their consumption compared to sugar-containing foods."⁴

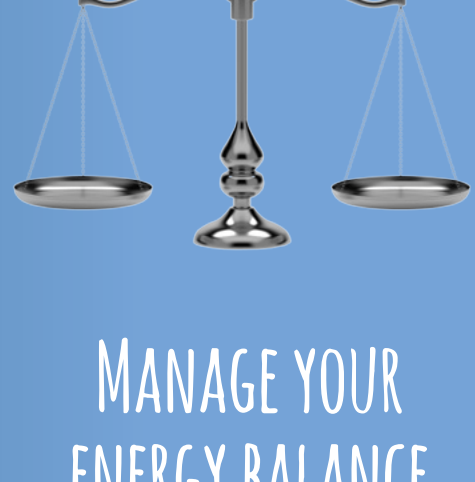


BETTER WEIGHT MANAGEMENT

For people with diabetes, being overweight or obese increases the risk for complications. Losing just 5–10% of body weight through physical activity and a balanced diet can help in diabetes management. A weight loss of 5–7% can also help in preventing type 2 diabetes.³



SET YOURSELF
AN ACHIEVABLE
WEEKLY GOAL



MANAGE YOUR
ENERGY BALANCE
= CALORIES IN
< CALORIES OUT



SMALLER PLATES
= SMALLER PORTIONS



WEIGHT-TRACKING
APPS CAN HELP YOU
FOLLOW YOUR
DIETITIAN'S ADVICE



BLOOD GLUCOSE MONITORING

Monitoring your blood glucose is central to helping you understand your body's response and know whether you are meeting your blood glucose targets²



TALK TO YOUR DOCTOR
ABOUT HOW TO:
MEASURE YOUR BLOOD
GLUCOSE



FIND A DEVICE YOU'RE
COMFORTABLE WITH



SET REMINDERS ON
YOUR PHONETO HELP
YOU REMEMBER
WHEN TO CHECK



KEEP A RECORD OF
YOUR BLOOD GLUCOSE
MEASUREMENTS

WHICHEVER STEP YOU TAKE FIRST



YOU'LL PROBABLY FIND THAT ONCE YOU START MORE STEPS WILL FOLLOW.



www.sweeteners.org

IN SUPPORT OF



world diabetes day
14 November

With the scientific support of the European Specialist Dietetic Network for Diabetes of the European Federation of the Associations of Dietitians (EFAD)

¹ IDF, Diabetes Atlas 7th Edition, 2015, available at <https://www.diabetesatlas.org/>

² Diagnosis and Management of Diabetes: Synopsis of the 2016 American Diabetes Association Standards of Medical Care in Diabetes. Chamberlain JJ et al. Ann Intern Med. 2016;164:542-552.

³ Evidence-based nutrition guidelines for the prevention and management of diabetes. Diabetes UK, May 2011.

⁴ Commission Regulation (EU) No 432/2012 of 16 May 2012.