

# less weight, healthier shape

Formerly *Do you need to lose weight?*

**If you are overweight, the best way to lose weight and keep it off is through eating healthy, balanced meals with sensible portion sizes and being physically active every day.**

## Regular physical activity

### How much activity is recommended?

- > For good health, at least 30 minutes of moderate intensity physical activity is required on most, preferably all, days. This may be done in shorter sessions of 10–15 minutes each.
- > To lose weight and maintain weight loss, aim for at least 1 hour of moderate-intensity activity every day.
- > Moderate-intensity activity means you should have a noticeable increase in your breathing and heart rate. For example, walking briskly at a pace where you can talk comfortably but not sing.

### What type of activity can I do?

Any activity that you enjoy and gets you moving is good. There are two main types of activity: 'aerobic' and 'resistance' exercises. Doing both of these will give you extra benefits including helping to manage your blood glucose levels and body weight.

- Aerobic exercise makes you breathe harder and increases your heart rate (examples include brisk walking, cycling and swimming).
- Resistance exercise involves any form of exercise that makes your muscles work against weight or gravity. It helps to improve muscle strength (examples include machine-based equipment and free weights).

### Here are a few tips to help you to be more active every day:

- It is important to talk to your doctor before starting any exercise plan.
- Increase your incidental daily activity. For example, walk or cycle rather than relying on the car, take the stairs instead of the lift and get off the tram or bus a few stops early and walk the rest of the way.
- Consider joining a group exercise program such as a dancing class or walking group. This can help with motivation and make activity more fun.

For more information refer to the *Physical Activity and Type 2 Diabetes* information sheet.

**In Australia, over two thirds of all men are overweight. Being overweight is strongly associated with the development of type 2 diabetes. Losing weight helps prevent or delay the onset of type 2 diabetes and also helps manage diabetes.**



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## How to eat more healthily

- Eat at least three regular meals each day. If you snack between meals, choose one serve of a low fat carbohydrate food (eg: 1 tub low fat yoghurt, 1 piece of fruit, 2–3 crispbreads).
- Choose wholegrain breads and cereals.
- Have at least two serves of fruit each day: One serve is equal to 1 medium piece of fruit such as an apple, pear or small banana OR 2 small pieces of fruit such as 2 kiwi fruits or apricots OR 1 cup canned fruit.
- Have at least five serves of vegetables each day: One serve is  $\frac{1}{2}$  cup of cooked vegetables 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.
- Always use small palm-sized serves of lean meat or skinless chicken.
- Include 2 to 3 fish-based meals a week.
- Include vegetarian substitutes in meals (eg: tofu, unsalted nuts, beans, peas or lentils).
- Use skim or low fat milk and milk products or alternatives such as calcium fortified soy milk. Aim for 3 serves of dairy a day: One serve equals 250ml milk OR 200g low fat yoghurt OR 2 slices (40g) reduced fat cheese.
- Minimise lollies, chocolates, biscuits and pastries.
- Minimise processed snack foods (eg: crisps and chips), takeaway and other high fat convenience foods.
- Drink water for thirst and choose diet cordials or diet soft drinks occasionally for variety.
- If you drink alcohol, it is generally acceptable to have two standard drinks a day\*. It's best to drink alcohol with a meal or some carbohydrate-containing food and try to include alcohol-free days. A standard drink is equivalent to 285ml regular beer, 425ml low alcohol beer, 100ml wine, 60ml fortified wine or 30ml spirits. Some people may need to have less alcohol than these general recommendations, due to their age, medication or the need to lose weight. Therefore it is important to discuss drinking alcohol with your diabetes health care team.
- Make sure your plate, particularly for the main meal of the day, is filled with at least  $\frac{1}{2}$  vegetables, a  $\frac{1}{4}$  with a lean source of protein such as lean steak, skinless chicken or fish and a  $\frac{1}{4}$  with some lower GI carbohydrates such as corn, sweet potato, pasta or Doongara rice.
- After dishing out your meal, put leftovers into a container immediately and place in the fridge once the steam has disappeared. This may prevent the temptation to have seconds.
- Using smaller plates and bowls may help to reduce your portion sizes.
- 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 or doing something active can be a helpful distraction.

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

## Sample meal plan to help you lose weight

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.

For variety substitute different foods you like from the same group 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.**

Foods in *italics* listed below contain carbohydrates.

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<b>Breakfast</b>	> $\frac{2}{3}$ cup <i>high fibre cereal</i> OR <i>porridge</i> ( $\frac{1}{2}$ cup raw) OR $\frac{1}{2}$ cup <i>untoasted muesli</i> > 1 slice <i>grain toast</i> with a thin scrape reduced fat margarine > $\frac{1}{2}$ cup <i>low fat milk/soy milk</i> > $\frac{1}{2}$ serve <i>fruit</i> such as $\frac{1}{2}$ small <i>banana</i> or $\frac{1}{2}$ cup <i>canned fruit in natural juice</i>
<b>Morning Tea</b>	> 1 serve <i>fruit</i> > Water, tea/coffee
<b>Lunch</b>	> $1\frac{1}{2}$ <i>sandwiches</i> on 3 slices of <i>wholegrain bread</i> with a scrape of fat reduced margarine > 30g lean meat or skinless chicken OR a small can of tuna or salmon in spring water > 1 cup salad vegetables (eg: lettuce, tomato, cucumber) and oil free dressing (if desired) > 1 serve <i>fruit</i> > Water
<b>Afternoon Tea</b>	> 200g tub <i>diet fruit yoghurt</i>
<b>Dinner</b>	> 1 cup cooked <i>pasta</i> OR $\frac{2}{3}$ cup <i>Basmati</i> or <i>Doongara rice</i> OR $\frac{1}{2}$ cup mashed <i>sweet potato</i> AND $\frac{1}{2}$ <i>corn cob</i> (or small <i>jacket potato</i> ) > $\frac{1}{2}$ cup cooked <i>dried beans/peas/lentils</i> OR 1 <i>fish fillet</i> OR 100g lean cooked beef or skinless chicken > $1\frac{1}{2}$ cups cooked vegetables (eg: beans, broccoli, carrots, cauliflower, zucchini, spinach) > $\frac{1}{3}$ cup <i>low fat custard</i> and diet jelly if desired
<b>Supper</b>	> 250ml <i>low fat or skim milk</i> .

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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)

Dietitians are based in many local hospitals, diabetes centres and community health centres and are also listed in the telephone book.

### 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.australiandiabetescouncil.com">www.australiandiabetescouncil.com</a>
<b>NT</b>	<a href="http://www.healthylivingnt.org.au">www.healthylivingnt.org.au</a>	<b>QLD</b>	<a href="http://www.diabetesqueensland.org.au">www.diabetesqueensland.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>

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