TIPS TO PREVENT TYPE 2 DIABETES IN SOUTH ASIANS

South Asian people are up to 4 times more likely to get diabetes.
Diabetes can cause early death and problems such as kidney failure, heart attacks, stroke and blindness.
It can be prevented in 80% of people.

WEIGHT

BMI should be less than 23kg/m² and the waist should be half the height.
If you are overweight, set a realistic target weight.
Record your results

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EAT AND BE HEALTHY

- Pay more attention to food labels. Look for hidden sugars.
- Drink green or red top milk instead of blue top.
- Boil rice or vegetables.
- Bake or grill food instead of frying.
- Increase fibre intake such as brown rice.
- Use monounsaturated oil e.g. extra virgin olive oil or rapeseed oil.
- Maximise protein in the diet e.g. fresh fish, chicken.
- Eat at least 5 portions of fruit and vegetables daily.
- Use wholemeal flour to make chappatis.
- Most South Asian diets are too high in carbohydrates such as rice, nan, chappati, potatoes.
- Replace sugary drinks or fruit juice with no added sugar drinks or water.
- Swap sweet foods such as mithai, chocolate, biscuits and cakes.
- Use minimal oil in curries.
- If you smoke, it would be better to try to stop.

EXERCISE ACTIVITY

- Be physically active for 30 minutes daily for five days per week with slight shortness of breath.
- Buy a pedometer and build activity by trying to increase steps by 3-4000 per day
- Choose an activity you enjoy such as walking, swimming, cycling or dancing
- Muscle
- Sitting down time
- Waistline

= Increase  = Decrease