



## Type 2 Diabetes



Type 2 Diabetes is a common and chronic condition which accounts for 85-90% of people with diabetes.

### **What is Type 2 Diabetes?**

Type 2 Diabetes is the inability of the pancreas to produce enough insulin to meet the body's requirements, or that the insulin being produced by the pancreas is not enough and cannot work effectively. This can cause a build up of a type of sugar called 'glucose' in the blood, resulting in high blood glucose levels. Complications of high blood glucose levels can cause serious health problems associated with diabetes. These complications may include:

- kidney damage
- increased risk of heart attack and stroke from artery damage
- increased risk of amputation caused by nerve damage in the feet and toes
- loss of vision due to eye damage
- impotence in men

Good blood glucose control can prevent or delay the onset of diabetes complications.

### **Management of Type 2 Diabetes**

Management of Type 2 Diabetes requires a combination of healthy eating, regular physical activity, maintaining a healthy weight, keeping blood pressure and cholesterol within recommended ranges, regular checking of feet, teeth and eyes, monitoring of blood glucose levels with a blood glucose meter and seeing a doctor regularly for blood tests.

Type 2 Diabetes can be a progressive condition, and over time it may be necessary for tablets and/or insulin injections.

### **The Diabetes Team**

Diabetes is best managed with the help and support from a diabetes health care team, consisting of your local doctor, diabetes educator, dietitian, podiatrist and perhaps an endocrinologist. Other helpful health care team members may include an exercise physiologist and a counselor.

**Eating Well When You Have Diabetes**

When you have diabetes it is important to eat a good quality diet. Eating healthy foods will help you control your blood glucose levels, cholesterol, blood pressure and weight. This sheet has some practical tips on how to eat well when you have diabetes.

**Eat three meals and three snacks every day:**

- Include carbohydrate foods at every meal and snack
- Carbohydrate foods include rice, pasta, noodles, bread, burghal, legumes, polenta, crackers, fruit, milk and yoghurt
- Make sure at least one meal is hot
- Missing meals is bad for your health

**Have protein rich foods at your meal:**

- Protein foods include meat, pork, chicken, fish, eggs, tofu, cheese, milk
- Remove all visible fat from meat and chicken
- Try to eat fish (fresh, frozen or canned) at least three times each week

**Eat vegetables every day:**

- Most vegetables, herbs, spices, vinegar and lemon juice will not raise blood glucose levels
- Fresh or frozen vegetables are a healthy choice

**Choose a small amount of healthy fats:**

- Unsalted nuts, avocado, margarine and vegetable oil are the best choices

**Drink enough fluids:**

- Water is the best as it does not raise your blood glucose levels
- Other suitable fluids include tea, coffee, diet cordial and milk
- Try to drink at least six cups of fluids every day

**Limit salt:**

- Reduce the salt you add to your cooking and at the table

**Eat a variety of foods:**

- Have a colourful plate
- Eat fruit, vegetables and dairy foods every day

**Keep active**

Being active will help control your blood glucose levels and maintain muscle strength.