



TUDOR
LODGE
SURGERY

Lifestyle
Programme
Leaflet

My Health Check

Weight:

BMI:

Waist Circumference:

Blood Pressure:

Resting Pulse Rate:

Triglycerides:

HDL Cholesterol:

Fasting Blood Glucose:

QRISK:

Exercise (Minutes per week):

Alcohol (Units per week):

Smoker: Yes/No

Hypertension: Yes/No

Metabolic Syndrome: Yes/No

Type 2 Diabetes: Yes/No

Medication

My Health Aims



THE SCIENCE EXPLAINED

3 main food groups - Carbohydrates, Proteins, Fats:



Protein: No effect on blood glucose



Fats: No effect on blood glucose



Carbohydrates: Carbs are the only food group that raise blood glucose

When carbs are digested, blood glucose levels rise causing insulin release.

- Insulin is the hormone that lowers blood glucose by burning and storing glucose.
- Insulin switches our body cells to burn glucose and stops us burning fat until blood glucose levels return to normal.
- Insulin is the fat storage hormone turning excess carbs into fat which will fill our healthy (subcutaneous) stores then start to build in our abdomen (visceral fat) especially within the liver and pancreas making us unhealthy.
- The worst thing to do is to snack on carbs all day long, as this will push blood glucose up, resulting in constant release of insulin.
- Visceral fat is hugely destructive, it is linked with insulin resistance, metabolic syndrome, type 2 diabetes, high blood pressure, heart attacks, strokes, fatty liver, cancer, dementia (and more).
- Abnormal fat in the liver, pancreas, and muscles makes our bodies less able to lower blood glucose, causing insulin levels to stay high (insulin resistance) this makes us continue to gain weight and become more unhealthy, developing metabolic syndrome and type 2 diabetes.



- If you have 3 of the following then you have metabolic syndrome:
 1. Raised blood fat levels (triglycerides)
 2. Reduced 'good' Cholesterol levels (HDL-Cholesterol)
 3. Raised blood pressure
 4. Raised blood glucose
 5. Excess abdominal fat or BMI of 30 or more.
- Type 2 diabetes is diagnosed when blood glucose levels reach organ damaging levels.

STEP 1: STOP EATING SUGAR AND REDUCE STARCHY CARBS NOT ALL CARBS ARE CREATED EQUAL



- Sugar (sucrose = glucose + fructose) has an addictive quality so we over-eat. The glucose increase insulin levels and the fructose is converted into liver fat. Avoid eating sugar.



- Starchy carbs - bread, potatoes, pasta, pastry, rice, noodles, turnips, etc. These push your blood glucose up and most people need to reduce the amount of starchy carbs they eat.



- Non-starchy carbs - vegetables and fruit. Vegetables do not push your glucose up so try to eat lots more vegetables. Fruit, especially tropical fruit, contains sugar so limit intake to one portion daily.

As a general rule, our diets tend to have too large a proportion of starchy carbs - look at your usual plate - you will often find that at least 40 - 50% of the plate is starchy carbs.

- Portion control is also critical - so if you tend to pile your plate high, then you have to cut back.
- If you are already eating small meals, then replacing starchy carbs with more vegetables, protein, and fat - this will make you feel fuller for longer. The "carb cravings" will go and you will lose weight without having to feel hungry.



STEP 2: 30 MINUTES OF EXERCISE A DAY (E.G. BRISK WALKING)

The benefits of exercise like brisk walking come from how much muscle glycogen (stored glucose) is used up during the activity. Exercising longer and harder will make you burn more, and while your muscles restore the glycogen afterwards (which can take up to 48 hours), blood glucose levels will be lower and insulin sensitivity improved, so regular exercise is essential.

Studies have shown that brisk walking after meals reduces blood glucose and insulin levels far more than walking before meals.

Being stressed and anxious will increase your appetite and feeling down can lead to comfort eating. So try taking a brisk walk every day, it will help you feel less stressed, lift your mood, improve your posture and strengthen you core muscles.

Exercise can be fun and sociable if you involve others.

Try and increase physical activity throughout the day, reduce time spent sitting and consider doing some muscle building exercises every day.



STEP 3: EAT A HIGH FIBRE DIET (AIM FOR 30G PER DAY)

Fibre is the part of plants that we cannot fully digest and is found in vegetables, fruit, whole grains, nuts, and seeds. It slows digestion, reduces blood glucose and will keep insulin levels low. It also stimulates gut hormones which will reduce your appetites and stop you feeling hungry (it takes about 20 minutes to eat slowly).



High fibre diets have been shown to reduce weight, reduce harmful cholesterol levels and increase levels of beneficial minerals and vitamins.

Diets rich in fibre and whole grains are associated with a lower incidence of heart attacks, strokes, type 2 diabetes, and colon cancer.

Modern low fibre diets are linked to changes in the types of bacteria in our guts encouraging weight gain. High fibre diets with whole grains and vegetables restore healthy bacteria. Remember - fruit contains sugar so restrict to one portion daily.



GETTING STARTED SUGGESTED DIET PRINCIPLES

This is not a crash diet which has an unplanned element to it. This approach requires a lot of thought and preparation.

- Try and avoid snacking - stick to 2-3 meals a day.
- Drink lots of water - no diet coke or diet drinks (you need to allow your taste buds to adjust to less sweet tasting food in order to enjoy the wonderful flavours of other foods).
- Eat from smaller plates - suggested size 21cm and try to eat slowly.
- Eat protein and fat - this will make you feel fuller for longer.
- Fill up on vegetables so that you never leave a meal feeling hungry.
- Aim to eat a very wide variety of vegetables with lots of colour on your plate.
- Avoid - sugars, cakes, doughnuts, pastries, biscuits, crisps, dry fruit, most breakfast cereals, sugary drinks, fruit flavoured yoghurts.
- Avoid ready-made sauces including mayonnaise, ketchup, and salad dressings which have added sugar.



- Use olive oil and butter rather than margarine.
- Reduce starchy carbs to no more than 20% of your plate.
- Try and eat only high fibre carbs (wholegrain rather than white).
- Only one portion of non-tropical fruit per day.
- Try and eat oily fish 2-3 times a week.
- Include eggs, mushrooms, salad, some cheese, tomatoes, houmous, roast vegetables, meat and fish, green veg, chickpeas, lentils, seeds and nuts, rolled porridge oats, soups and yoghurt.
- Minimise or abstain from drinking alcohol until you are back to a healthy weight (alcohol is high calorie and will increase liver fat).
- When you go shopping, read the food labels - avoid added sugar, choose high fibre, low carb options.
- "Detoxing" of your kitchen cupboards is essential. Remove all the rubbish food and snacks so there will be no temptation.
- Take an interest and active role in food preparation. There is a very wide range of good cook books and websites out there with creative and exciting ways to put food together. If you have been eating the same way for a long time, it will take weeks and months to explore and discover new ways of cooking/food preparation.

DON'T FORGET TO EXERCISE FOR 30 MINUTES EVERY DAY

Regular exercise can prevent dementia, type 2 diabetes, some cancers, depression, heart disease, and other common serious conditions (reducing the risk of each by at least 30%).

If you want to lose weight and reverse insulin resistance more rapidly, consider the 8-week blood sugar diet (8 weeks of 800 calories per day with minimal consumption of starchy carbs).

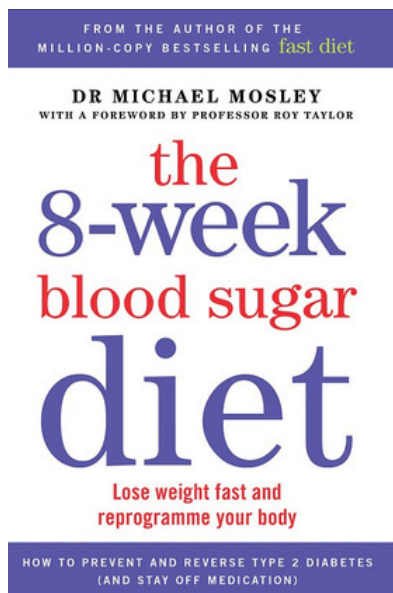
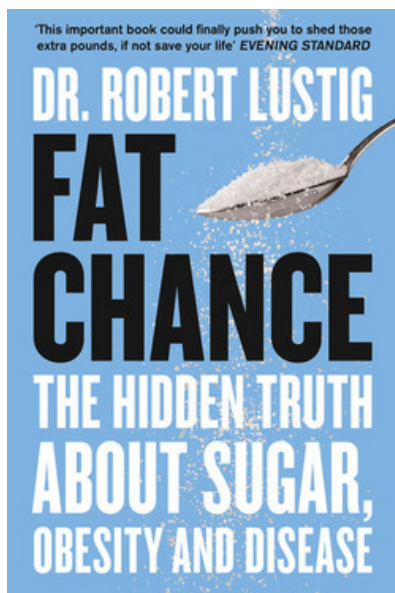
Caution - discuss with your doctor or nurse before you embark on the 800 calorie per day diet if the following apply:



- You have an eating disorder or psychiatric disorder.
- You are diabetic on insulin or tablets.
- You are on blood pressure tablets.
- You are pregnant or breastfeeding.
- You are on Warfarin.

Consider intermittent fasting which improves insulin sensitivity.

SUGGESTED READING



MY PROGRESS AND RESULTS

