

MY CHECKLIST TO CONTROL MY BLOOD SUGAR LEVELS:

Choose minimum **3 goals** and work on achieving these **5 /7 days a week**. See descriptions below.

Movement: Guidelines are 150 minutes of moderate to intense activity a week. If you are not physically active, start small and build from there. For example, plan 20 minutes x 3/week. Reduce amount of time being sedentary.

Fruit and vegetables: Aim for 5 a day. Plan what you will have, shop for it, eat it!

Fibre: Increase your intake of fruit, vegetables, nuts, seeds, and swap your white carbohydrates for brown.

White carbohydrates: Such as bread, pitta, wraps, crackers, pasta, and rice send your blood sugars soaring, avoid these most of the time and use **brown wholegrain** instead. This is possibly the best dietary change you can make.

Pastries, cakes, biscuits: High in sugar, fat, and calories these drive up your blood sugars and are not part of a healthy diet. Limiting these foods will have a profound effect on your sugars and waistline!

Sugar: Avoid adding sugar to your meals and drinks. Sugar can hide in less obvious places, including processed foods such as breakfast cereals, frozen meals, snacks, sauces, and dressings.

Alcohol: Contains sugar and empty calories, drink moderately and within the weekly limit of 14 units.

Water: Aim for 2 litres a day. Again, if you don't normally drink water regularly, start small, for example 1 x 250ml glass/day and build gradually.

Sleep: Sleep deprivation has been shown to increase people's cravings for sugary foods, aim for minimum 6 hours a night.

Smoking: Guidance states stopping smoking for patients with help to achieve a better quality of life and help delay the onset and progression of diabetes and its complications.

Week:

Date:

GOAL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
↑ Movement							
↑ Fruit & Veg							
↑ Fibre							
↓ White carbs							
↓ Pastries ↓ Cakes ↓ Biscuits							
↓ Sugar							
↓ Alcohol							
↑ Water							
Reduce or cease smoking							

“Life doesn’t always give you the time to change the outcome. Prediabetes does.”

Quote from CDC

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