

TARGETS FOR CONTROL

Blood Levels	Good	Fair	Poor
Fasting Blood Sugar (FBS) mmol/l	4.4 – 6.1	< 7.0	> 7.0
Random Blood Sugar (RBS) mmol/l	4.4 – 8.0	< 10	> 10
Glycated Hemoglobin (HbA1C) - %	< 6.5	6.5 – 7.5	> 7.5
Body Mass Index (BMI) (Kg/m ²)	< 25 – M < 24 – F	< 27 – M < 26 – F	> 27 – M > 26 – F
Waist Circumference (cm)	< 80 – F < 94 – M	< 80 – 88 – F < 94 – 102 – M	> 88 – F > 102 – M
Blood Pressure (BP) mmHg	< 130/80	130/80 – 130/90	> 140/90
Total Cholesterol mmol/l	< 4.5	> 4.5	> 6
HDL Cholesterol (good fat) mmol/l	> 1.1	1.1 – 0.9	< 0.9
Triglycerides (bad fat) mmol/l	< 1.5	< 2.2	> 2.2

* M = Male, F = Female

The power to manage Diabetes is in your hands. Being diagnosed with Diabetes does not mean the end of the world for you.

Learning to live with Diabetes by seeking proper medical advice from your health provider will help you live a healthy life.

Understanding your diet and controlling your blood sugar is good for your overall well-being.

Take Control of your Diabetes!!

UNDERSTAND DIABETES TO LIVE A FULFILLING LIFE

For more information contact the following centres:

Diabetes Hub Centre (Suva)
325 Waimanu Road,
Phone: (679) 3215 206/3215 370
Fax: (679) 3307 213

Diabetes Hub Centre (Lautoka)
Lautoka Hospital
Phone: (679) 6660 399

Diabetes Hub Centre (Labasa)
Labasa Hospital
Phone: (679) 8811 444

Or your nearest health provider.



HEALTHY FOOD

HELPS CONTROL DIABETES MELLITUS



ACT NOW!!

BENEFITS

A healthy diet helps control blood sugars and delays the complications of Diabetes Mellitus.

Weight management through physical activity and a healthy diet can also reduce blood cholesterol levels and high blood pressure resulting in a reduction in the amount of medications taken.

The diet recommended for people living with Diabetes is the same as that for the general population.

GLYCAEMIC INDEX (GI)

Carbohydrate foods are digested to produce glucose. The Glycaemic Index or GI is a way of describing how a carbohydrate food affects blood glucose levels. The higher the GI the faster the food will increase the blood glucose level; thus the recommendation is to have low GI foods.

Example of Low to Moderate GI foods;

- Beans, peas, lentils, nuts and seeds
- Whole grain, breads, bran cereals, oats
- Parboiled rice, Basmati rice
- Green leafy vegetables eg. Dalo leaves, Bele, Tubua
- Fresh fruits, firm ripe banana, apple, avocado,

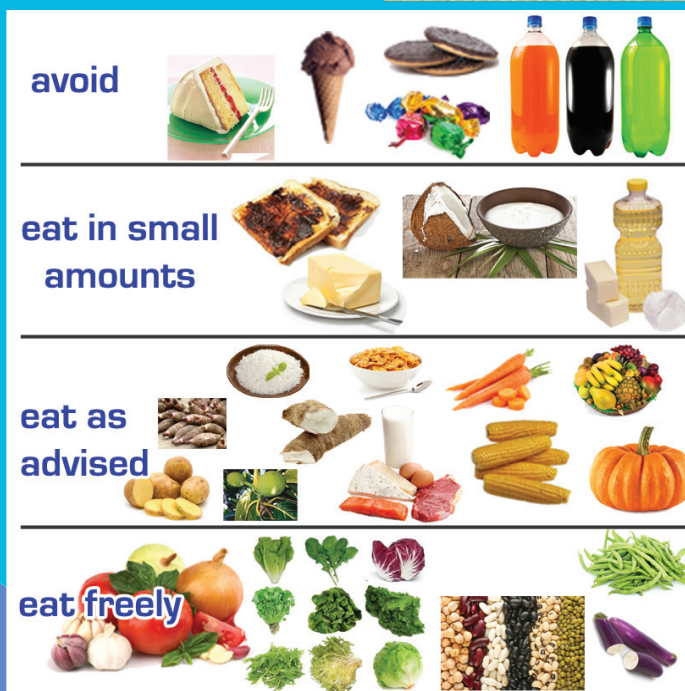
Example of High GI foods;

- White bread, baked pastries
- Cereals eg. corn flakes, rice bubbles, fruit loops, etc.
- Potatoes, white rice
- Watermelon, over ripened bananas, pineapples
- Sugar sweetened beverages eg. fizzy drinks, energy drinks
- Sugar, popcorn, chocolate, ice cream

HOW MUCH TO EAT?

The proportion of food from each food group eaten over a whole day needs to be made up of:

- 1/2 from the health protective group eg. fruits and vegetables
- 1/3 from the energy (starchy/carbohydrates) group eg. root crops, flour, rice
- The remainder from the body building (protein) group eg. meat, dhal, beans



The human body needs only 1 level teaspoon (5grams) of salt daily.

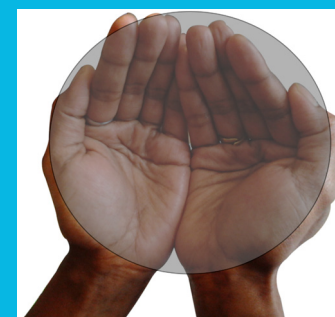
FOOD PORTIONS

It is important to eat the right type and amount of food. One way of estimating the amount (portion size) is using the hands.

The correct amount of portions to be eaten in a day should be determined by your Dietician.



An amount equivalent to the size of 2 fists for root crops and rice and 1 fist for fruits.



Free vegetables should be equivalent to the size of both hands.



Protein would be equivalent to the size of your palm and the thickness of your little finger.



Fat should be limited to an amount the size of the tip of your thumb.

Each food portion contains almost the same amount of carbohydrate and energy. People living with diabetes need to eat the same amount of food everyday.

Make it a habit to read the Nutrition Label on packaged foods when shopping.