



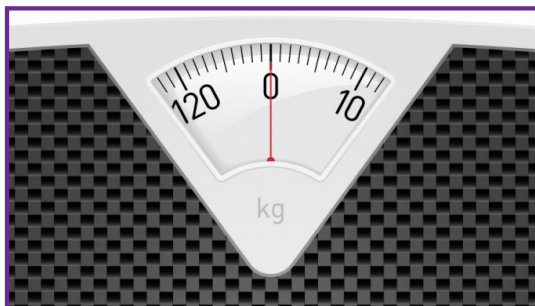
## WEIGHT



BMI should be less than  $23\text{kg/m}^2$  and the waist should be half the height.

If you are overweight, set a realistic target weight.

Record your results



South Asian Health Foundation

AUTHORS: SAMINA ALI, ALIA GILANI, JASON GILL & VINOD PATEL



SOUTH ASIAN HEALTH  
FOUNDATION

# 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.

## 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.

↑ = Increase    ↓ = Decrease



## 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

