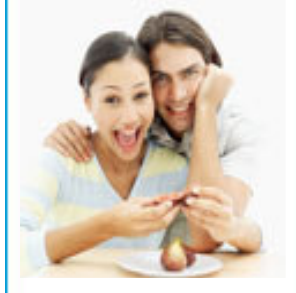


DIABETES

Fact sheet

Diabetes is a condition where the body has difficulty controlling the level of glucose (sugar) in the blood. It occurs when the body does not make enough insulin or when the insulin that is made is not working properly. This leads to increased blood glucose levels and diabetes. There are three different types of diabetes, type 1 diabetes, type 2 diabetes and gestational diabetes.



WHAT IS DIABETES?

> TYPE 1 DIABETES

Type 1 diabetes is usually diagnosed in childhood or adolescence. In type 1 diabetes, the pancreas does not produce insulin because the cells that make the insulin have been destroyed by the body's own immune system. People with type 1 diabetes need to inject insulin every day^[1].

> TYPE 2 DIABETES

Type 2 diabetes is by far the most common type of diabetes, affecting 85-90% of people with diabetes. It usually affects older adults, but more and more younger people and children are getting type 2 diabetes^[2].

In type 2 diabetes, the pancreas makes insulin, but the insulin does not work as well as it should, so the pancreas makes more. Eventually it can't make enough to keep the glucose balance in control^[1].

> GESTATIONAL DIABETES

Gestational diabetes occurs during pregnancy and usually goes away after the baby is born. Between 3-8% of pregnant women will develop gestational diabetes^[1].

In pregnancy, the hormones produced by the body to help the baby grow also block the action of the mother's insulin. Gestational diabetes develops if the body is unable to produce enough insulin in response to this increased need for insulin^[1].

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Here at Nestlé we have a dedicated team of dietitians and nutritionists helping people enjoy healthy foods and the benefits of a healthier lifestyle.

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Receive a FREE copy of our "Get Out! Get Active! Get Healthy!" booklet for kids. <http://www.nestle.com.au/Fun/GetOutGetActive>



WHAT FACTORS INCREASE THE RISK OF DEVELOPING TYPE 2 DIABETES?

WHAT YOU CAN'T CHANGE	WHAT YOU CAN CHANGE
<ul style="list-style-type: none"> > Family history of diabetes > Increasing age > Ethnicity (incidence of diabetes is higher in Torres Strait Islanders and Aboriginies) > Polycystic Ovarian Syndrome > Women who have had gestational diabetes or given birth to a baby >4.5 kg 	<ul style="list-style-type: none"> > Overweight and obesity > Poor activity levels > High blood pressure > High cholesterol > Smoking

The official AIS Survival Cook Books, each feature a superb collection of recipes perfect for busy families who want healthy and tasty food <http://www.nestle.com.au/Recipes/Survival>



The good news is that there are lifestyle factors you can change which will reduce the risk of developing type 2 diabetes

It is still not known exactly which factors cause type 1 diabetes, and therefore there are no recommendations to prevent it

DIABETES(continued)

Fact sheet

HOW CAN I TELL IF I HAVE DIABETES?

Some of the symptoms that are common between all types of diabetes include:

- > Tiredness
- > Frequent urination
- > Leg cramps
- > Increased thirst
- > Headaches
- > Increased hunger

The symptoms specific to type 2 diabetes are more gradual in onset. They may also include blurred vision, skin infections, slow healing, tingling and numbness in the feet^[3].

Diabetes is diagnosed by either a Fasting Blood Glucose or Oral Glucose Tolerance Test which are simple blood tests ordered by your doctor^[1].

HOW IS TYPE 1 DIABETES TREATED?

People with type 1 diabetes must inject insulin at least once per day.^[1] Balancing the amount of carbohydrate foods they eat with the right amount of insulin is important to prevent blood sugar levels from going too high, or low.

HOW IS TYPE 2 DIABETES TREATED?

The primary treatment for type 2 diabetes involves adopting a healthy lifestyle. This includes healthy eating, regular physical activity and reducing those changeable risk factors, such as overweight and smoking^[4].

It is important to self monitor blood glucose levels regularly and have regular check-ups with your GP. In some cases, if blood glucose levels remain uncontrolled by a healthy diet alone, your GP may prescribe medication and/or insulin injections.

GOOD FOOD, GOOD LIFE TIPS FOR GOOD BLOOD GLUCOSE CONTROL

Nutrition is important for everyone! These tips are for the whole family to follow, not just for people with diabetes.

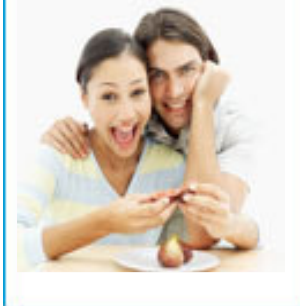
- > Distribute small regular meals and snacks evenly throughout the day.

EAT MORE FIBRE

- > Choose high fibre cereal and wholegrain bread, it's more slowly digested meaning blood sugar levels rise more gradually
- > Add chick peas to a stir-fry or salad, and kidney beans to mince.
- > Fill half your plate with a variety of different coloured vegetables each day: green, orange, yellow, white, purple and red.

EAT LESS FAT, SUBSTITUTING UNSATURATED FATS FOR SATURATED FATS

- > Add tinned tuna or salmon to your pasta sauce or use in your sandwiches for a quick and easy omega-3 boost.
- > Swap full-cream milk for reduced fat or skim milk. It has the same calcium, but less fat, especially less saturated fat.
- > Choose leaner cuts of meat such as heart smart beef, trim lamb, new fashioned pork and skinless chicken.
- > Use a canola or olive oil spray lightly to stop food sticking and reduce fat when cooking.



Over 400 delicious recipes to choose from. Visit our website : www.nestle.com.au/Recipes to find your new favourite.



The AIS 'A Winning Diet' is a FREE booklet to help you perform at your best <http://www.nestle.com.au/SportsNutrition/Winning>



Nestlé has always maintained a commitment to advances in nutrition and is continuing this through its partnership with the Dietitians Association of Australia (DAA) and the Australian Institute of Sport (AIS)

EAT LESS KILOJOULES IF YOU ARE OVERWEIGHT

- > Choose water and low-kilojoule “diet” drinks for a refreshing drink without the extra kilojoules from excess sugar.
 - > Fill up on vegetables at meal times instead of rice, pasta, potato or bread
 - > If you include snacks between your meals, choose low fat high fibre options such as fruit toast or low-fat yogurt
-

References

1. Diabetes Australia. *Fact Sheets: What is diabetes?* 2004 July 2004 [cited 2006 20 November 2006]; Available from: http://www.diabetesaustralia.com.au/lib/doc_pdf/resources/FactSheets/WhatIsDiabetes_FS.pdf.
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4. American Diabetes Association, *Nutrition Recommendations and Interventions for Diabetes - 2006.* Diabetes Care, 2006. 29(9).