



NUTRITION & EXERCISE TIPS

WHAT IS NUTRITION?

FOOD IS MADE UP OF THREE MAIN NUTRIENTS: **CARBOHYDRATES, FATS AND PROTEINS**, AS WELL AS OTHER SMALL NUTRIENTS SUCH AS **VITAMINS & MINERALS**.

IT IS ESSENTIAL THAT A DAILY DIET PROVIDES ALL OF THESE NUTRIENTS IN THE RIGHT QUANTITIES.



CARBOHYDRATE:
MAIN SOURCE OF ENERGY FOR THE BRAIN AND BODY



FAT:
PROVIDES ENERGY FOR GROWTH AND PHYSICAL ACTIVITY



PROTEIN:
HELPS GROWTH AND REPAIR BODY TISSUES

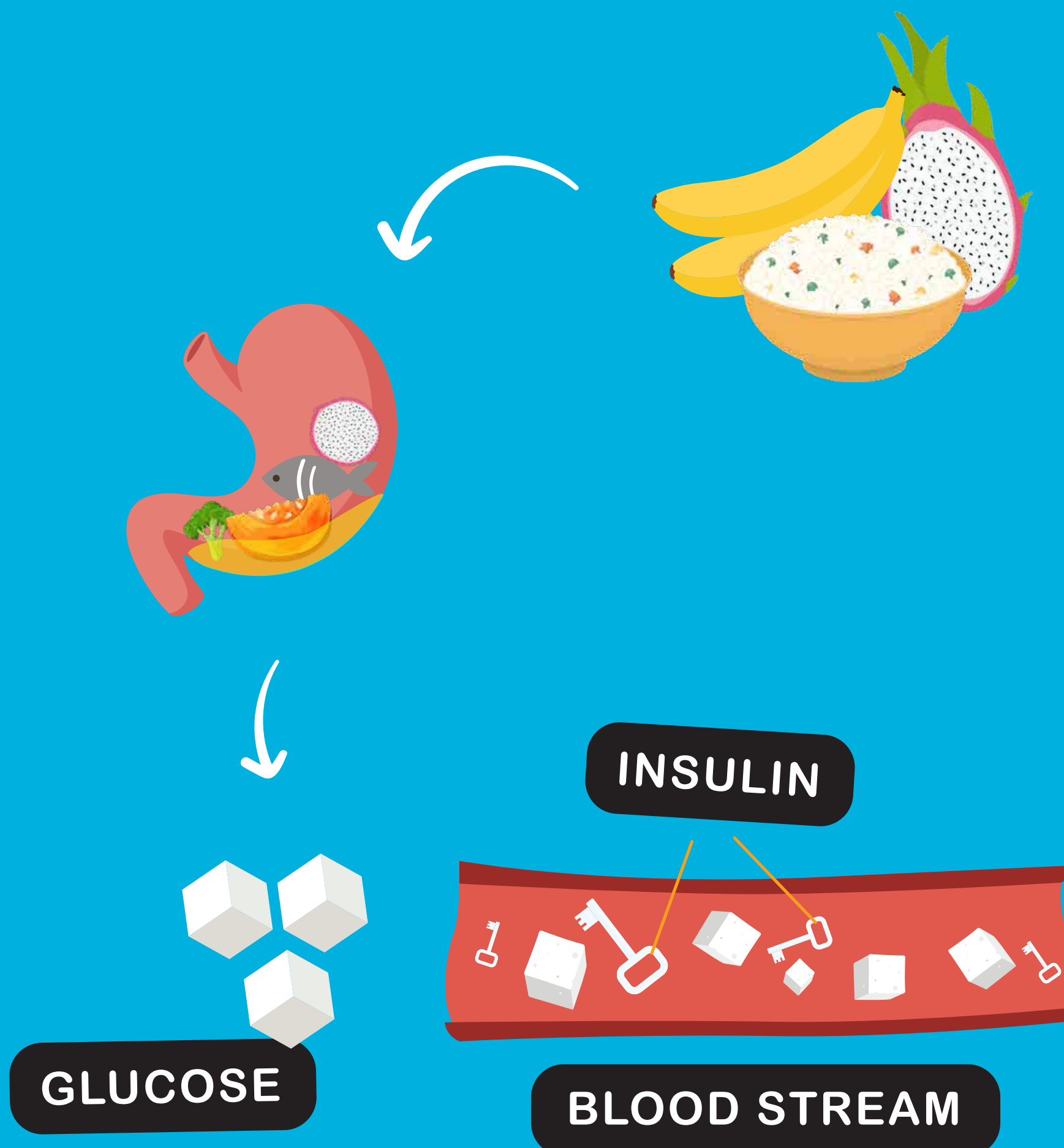


VITAMIN & MINERAL:
REGULATES MANY BODY FUNCTIONS AND KEEPS THE BODY HEALTHY

NUTRITION & EXERCISE TIPS

AFTER EATING, CARBOHYDRATES TURN QUICKLY TO A TYPE OF SUGAR CALLED GLUCOSE AND THEN ABSORBED INTO YOUR BLOODSTREAM. THIS CAUSES YOUR BLOOD GLUCOSE LEVEL TO GO UP.

YOU MUST PAY ATTENTION TO THE TYPE AND AMOUNT OF CARBOHYDRATES YOU EAT IN ORDER TO CONTROL YOUR BLOOD GLUCOSE LEVELS.



CARBOHYDRATES



YOU SHOULD NOT AVOID ALL CARBOHYDRATES. IT'S IMPORTANT TO LEARN HOW TO EAT THE RIGHT AMOUNT OF CARBOHYDRATES

YOU NEED TO LEARN HOW TO IDENTIFY **THE GOOD AND BAD CARBS**. BAD CARBS CAN BE HARMFUL FOR YOUR DIABETES CONTROL.



GOOD CARBS LIKE LEAFY GREENS AND VEGETABLES CONTAIN NATURAL SUGARS AND MAKE YOUR BLOOD GLUCOSE LEVELS GO UP SLOWLY



THE BAD CARBS LIKE DESSERTS OR SUGARY DRINKS WILL MAKE YOUR BLOOD GLUCOSE LEVELS GO UP TOO QUICKLY



WHERE CAN WE FIND CARBOHYDRATE?



GRAIN AND STARCH

E.G. RICE, NOODLES, BREAD,
POTATOES, CORN, TARO,
PUMPKIN



MILK AND DAIRY PRODUCTS

E.G. COW MILK, SOY MILK



FRUITS

E.G. PAPAYA, MANGO,
PINEAPPLE, WATERMELON,
ORANGE



NON-STARCHY VEGETABLES

E.G. EGGPLANT, TOMATO,
CUCUMBER, CAULIFLOWER OR
MUSHROOMS



SUGARY FOOD AND DRINKS

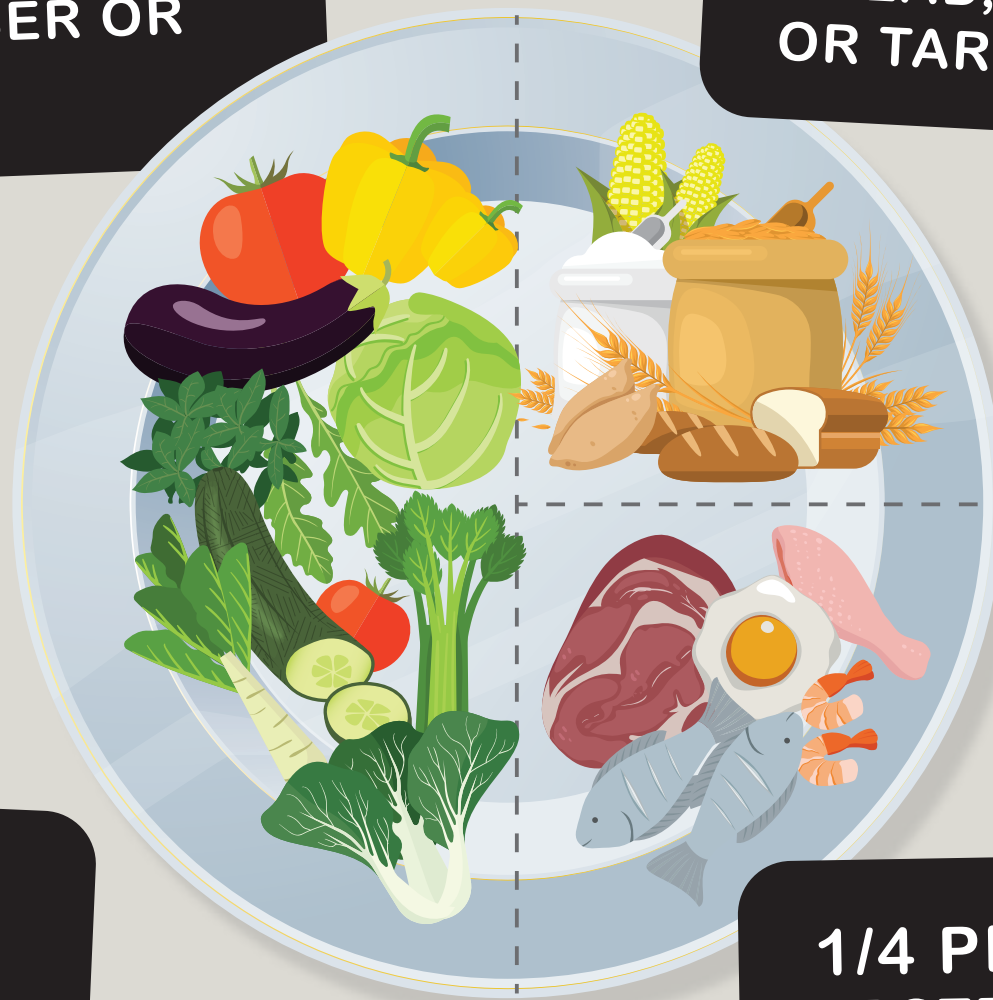
E.G. COCA COLA, FRUIT JUICE,
SWEET MILK, CANDIES, CAKE

HOW TO PLAN A **HEALTHY MEAL?**

THE PLATE METHOD:

1/2 PLATE :
LEAFY AND NON-STARCHY
VEGETABLES LIKE
CABBAGE, BROCCOLI,
CARROT, CUCUMBER OR
MORNING GLORY

1/4 PLATE :
CARBOHYDRATE (GRAINS
AND STARCHY VEGETABLES)
LIKE WHOLE GRAIN RICE/
BREAD, CORN, POTATOES
OR TARO



OPTIONAL :
A GLASS OF MILK
(LOW FAT) OR SOME
FRESH FRUIT

1/4 PLATE :
PROTEINS LIKE LEAN
MEAT, FISH OR EGGS

TIPS



**DRINK PLAIN WATER. AVOID
SUGARY DRINKS (E.G. SODA
OR FRUIT JUICE), EXCEPT
FOR TREATING LOW BLOOD
GLUCOSE (HYPOGLYCAEMIA)**



**AVOID SUGARY
SNACKS AND
DESSERTS**



**DON'T SKIP MEALS. TAKE
CONSISTENT PORTIONS OF
CARBOHYDRATES EVERYDAY
AND TRY TO EAT AROUND
THE SAME TIME EVERYDAY**



NUTRITION & EXERCISE TIPS

EXERCISE AND TYPE 1 DIABETES

EXERCISE GIVES YOU MORE ENERGY, IT HELPS MAINTAIN A HEALTHY WEIGHT AND IMPROVES DIABETES CONTROL



SET A GOAL TO EXERCISE 30 MINUTES EVERYDAY



EXERCISE TIPS FOR PEOPLE WITH TYPE 1 DIABETES:



TEST BLOOD GLUCOSE BEFORE EXERCISE - TO KNOW HOW MUCH FOOD MAY BE REQUIRED BEFORE THE EXERCISE STARTS



HYPOGLYCAEMIA KIT - ALWAYS CARRY A KIT ON YOU INCLUDING JUICE OR *INSERT SNACK* WHEN EXERCISING



TELL THE COACH OR TEACHER - MAKE SURE YOU ARE SUPERVISED BY SOMEONE WHO CAN HELP IN CASE OF A HYPOGLYCEMIA OR HYPERGLYCAEMIA



INSULIN INJECTION - AVOID EXERCISE WITHIN 2 HOURS AFTER INSULIN INJECTION BECAUSE IT MIGHT MAKE THE BLOOD GLUCOSE LEVEL DROPS MUCH FASTER