Pick n Pay



With a little planning and know-how, you can lead an active and fulfilling life



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DIABETES IS A SERIOUS CONDITION IN WHICH BLOOD GLUCOSE LEVELS ARE TOO HIGH.

When the body breaks down food, glucose (sugar) is absorbed into the blood. Insulin, a hormone made by the pancreas, allows the glucose to enter body cells, where it is used for energy production.

THERE ARE TWO MAIN TYPES OF DIABETES:

- Type 1 diabetes, in which the pancreas either releases no or toolittle insulin – it's an autoimmune disease that often begins in childhood, with a sudden onset.
- Type 2 diabetes, in which the pancreas does not release enough insulin or the body becomes resistant to the insulin it makes – it usually develops slowly.

DID YOU KNOW?

In both types of diabetes, because the glucose can't get into the cells, it builds up in the blood. Over a long period of time, high glucose levels in the blood can cause serious damage to the heart, eyes, feet and kidneys. However, with early diagnosis and the right treatment, people with diabetes can live a healthy life. Losing weight, following a healthy diet and being more physically active are all important for the optimal management of diabetes. Extra weight around your waist means fat can build up around your organs, and this can lead to insulin resistance and/or Type 2 diabetes. Weight loss can significantly improve insulin resistance and lower the risk of Type 2 diabetes, as the insulin is able to work more efficiently in the body. A loss of just 5–10% of your body weight will have significant health benefits and can lower the need for diabetes medication.

Measure your waist circumference: it should be no more than 88cm for women and 102cm for men.



CAUTION

Drink fruit juice sparingly because it's essentially just an excessive amount of fruit and sugar minus the fibre.

Some practical swaps

INSTEAD OF		HEALTHIER ALTER
Sweetened granola	•	Swiss muesli or gran honey or sugar
Canned fruit in syrup	•	Canned fruit in juice, fresh fruit
Desserts	•	Grilled nectarines wi baked apple with su
Sweetened yoghurt	•	Plain, low-fat yoghu fruit or fruit purée
Energy and granola bars	•	Dried-fruit bars with nut-and-fruit mixes; with peanut butter
Rusks	•	Low-GI rusks
Muffins	0	Home-made muffins banana, raisins or ap

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EAT MORE FRUIT

AND VEG Fresh

fruit has sugars

glucose) that are

Because diabetics

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should

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RNATIVES

nola with no added . drained:

- ith plain yoghurt; igar-free custard
- irt add your own

n no added sugar; high-fibre crackers

with added pple purée and less sugar in the recipe

FACT Fruit can be fresh, frozen, dried or canned (in juice, not in syrup). Have 1 serving of fruit 3 times a day rather than one large amount in one go.

BE CAREFUL OF HONEY

Honey is often considered a healthier substitute for sugar, but too much honey affects your blood glucose in a similar way as the same amount of sugar.

INCLUDE MORE LEGUMES IN **YOUR MEALS** Beans, peas and lentils are very high in fibre and help to stabilise your blood sugar level. They make a great swap for processed and red meat, and help to keep you feeling fuller for longer.



DON'T

BOTHER WITH

DIABETIC FOOD

diabetics" usually

SO-CALLED

Food labelled

"suitable for

has no special

benefit. It can also often contain just as much fat and as many kilojoules "non-diabetic" products, and it can still affect your blood-sugar level. These

items can also sometimes have a laxative effect.

A WEEK

EAT FISH AT LEAST TWICE

This includes all fish, but particularly fatty fish such as pilchards, sardines, herring, salmon and mackerel, which are high in the heart-protecting omega-3 fatty

acids, Each serving should be around 100g, or about ³/₄ cup of flaked fish.

DRINK MORE WATER

Plan on drinking eight to 10 glasses of fluid per day. Water is best. but tea, coffee, herbal infusions, sugarfree squash and diet cooldrinks can all contribute.

CHOOSE HEALTHIER FATS

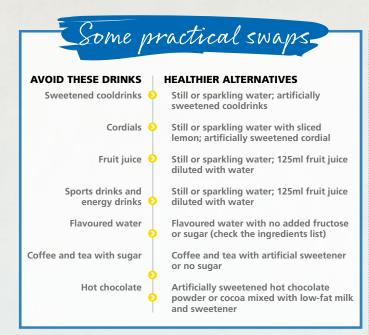
Healthier fats are found in food such as unsalted nuts. seeds, avocados, oily fish, olive oil, canola oil and sunflower oil. Unhealthy saturated fats can increase the amount of cholesterol in your blood, which can lead to heart problems. These fats are mainly found in animal products and more processed food, such as: fatty red meat; processed meat like boerewors, sausages, salami and polony; ghee and butter; brick margarines; and many biscuits, cakes, pies and pastries.







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DRINK ALCOHOL SENSIBLY

Alcohol is high in energy (kilojoules), so if you do drink and you're trying to lose weight, cut back. Limit your intake to no more than one drink a day for women and two drinks a day for men. Avoid binge drinking and go several days a week without any alcohol.

LIMIT DRINKS WITH ADDED

SUGAR Avoid drinks that have large amounts of added sugar.

TRY THIS PnP KJ-FREE FLAVOURED SPARKLING DRINKS (WITH NO SUGAR OR SWEETENERS) (500ml)

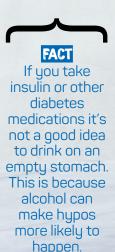
Eating lots of salt can increase your risk of high blood pressure, which in turn increases the risk of heart disease and stroke. When you have diabetes, you're

EAT LESS SALT

already more at risk of all of these conditions.

ASK AN EXPERT If you have

diabetes, make an appointment with a registered dietitian who can review your individual needs and circumstances and help you tailor a nutrition plan that's right for you. You can go to www.adsa.org.za to find a dietitian in your area who is registered with the Association for Dietetics in South Africa (ADSA).







DON'T FORGET TO **KEEP MOVING**

Being more active goes hand in hand with healthier eating. It can help you manage your diabetes and reduce your risk of heart problems.

Aim for at least 150 minutes of moderateintensity activity a week. This is any activity that raises your heart rate, and makes you breathe faster and feel warmer. You don't have to do all 150 minutes in one go. Break it down into bite-sized chunks of 10 minutes throughout the week or 30 minute five times a wee

CHOOSE HEALTHIER CARBOHYDRATES

All carbohydrates in food will affect your blood-sugar level. Some of the healthier sources of carbohydrates are: legumes, such as chickpeas, kidney beans, baked beans in tomato sauce, lentils and soya whole fruit and vegetables – just avoid fruit juice unsweetened dairy products, such as low-fat milk and plain yoghurt wholegrains, such as bran-rich cereals, oats, brown rice, wholewheat pasta, rve bread and seed loaf

Disclaimer: The information in this brochure is not intended as a substitute for professional medical advice, diagnosis or treatment. Please visit your healthcare professional for advice specific to your individual requirements.

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PURPLE QUINOA SALAD

Finely grate 200g cooked beetroot. Toss with 1.5 cups (375ml) cooked guinoa, 1/2 packet (50g) pumpkin seeds and/or sunflower seeds and 1/4 punnet (5g) each fresh mint, dill and parsley. Season and add lemon juice to taste. Divide guinoa mixture between two bowls and top with 1 or 2 halved avocados, 1/2 sliced cucumber, a handful of rocket (optional) and a dollop of plain or Yokos dairy-free yoghurt on top. SERVES 2



TOP TIP We know quinoa costs a pretty penny, so make it go further by mixing it with other grains. Wholewheat couscous, bulgur wheat, barley or good ol' brown rice are good choices.





Dick n Day

Each item in the Live Well range adheres to rigorous standards regarding saturated fat, added sugar and salt content.