

# **Dr Mark Vanderpump's at a glance advice sheet to lower your risk of prediabetes and type 2 diabetes**

## **What should be on your plate?**

- 50% fruit or vegetables
- 25% protein (meat, cheese)
- 25% grains

## **Savvy shopping**

Plan your meals and read the labels to avoid high fat, high sugar foods.

## **Size matters**

Reduce your portion sizes - cut down on your meat so that it is about the size of a pack of playing cards. Have half a baguette instead of a whole one; share your dessert when you are out instead of having one each.

## **Clever Cooking**

Grill instead of fry.

Look for foods which are low in sugar.

## **How to feel less hungry**

Drink a large glass of water 10 minutes before your meal.

Eat slowly; it takes 20 minutes for your brain to receive a signal from your stomach that you are full.

## **Brain trickery**

Put your food out on smaller plates and eat smaller knives and forks.

Mindfully eat your meals; you are likely to eat more if you do it whilst watching TV.

Eat before you shop that way you are not hungrily buying the wrong things.

Try not to eat when you are tired, bored, upset or angry.

## **Eating out**

Order salad instead of chips.

Order fruit salad instead of heavy puddings.

Eat grilled chicken instead of beef burger.

Keep a piece of fruit or a handful of nuts in your pocket rather than buy an unhealthy snack.

## **Keep track**

Using a food diary to note down what you are eating will make you eat more mindfully

## Get moving!

Try to be active for at least half an hour each day.

At work take the stairs instead of the lift.

Get on the bus one stop later or off the bus one stop earlier.

## Watch your Waistline

Men with a waist circumference of greater than 102cm are five times more likely to have doctor-diagnosed diabetes and women with a waist circumference of more than 88cm are three times more likely.

And I hate to tell you this but most people believe their waist to be least 7.5cm less than they actually are – sorry.

## What's the risk?

Find out by completing [this online questionnaire](#) by Diabetes UK.

I hope you have found this helpful.



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