

Easy Read Diabetes

Food and Exercise

This is general information. Talk to your doctor for information made for you.

QCIDD. (2023). *Health Resources - Easy Read Diabetes*. Available from <https://www.qcidd.com.au/home/health-resources>.

Exercise



You move your body.

This is called exercise.

Some people do

- walking
- sports
- games



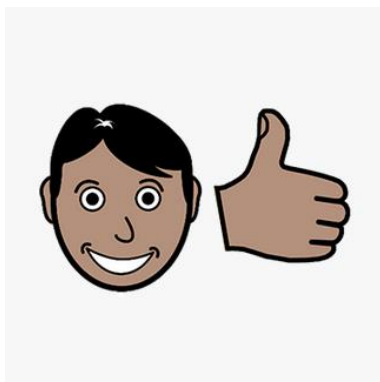
Exercise is good for your diabetes.



Exercise helps your blood sugars.

They must be

- not too high
- not too low



You can find exercise that is fun.

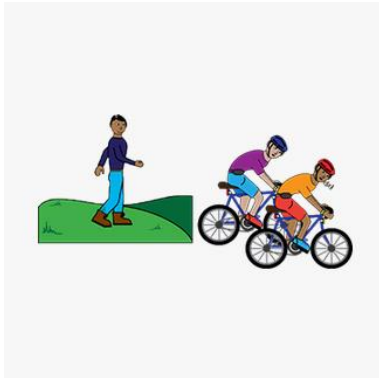
What exercise can you do?



You can move in lots of ways.

It can be as you do jobs. Like when you

- clean your home
- hang clothes on the line
- work in the garden



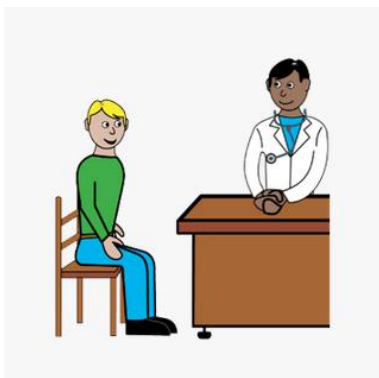
You can do things outside. Like

- go for a walk
- go on a bike ride



You can

- play ball games
- swim



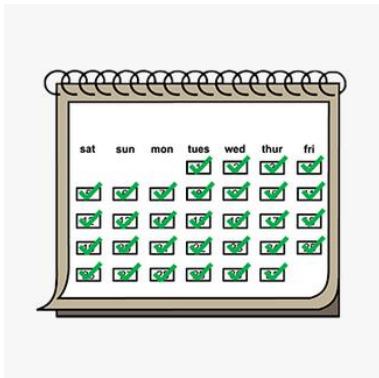
You want to try something new.

Talk to your doctor.

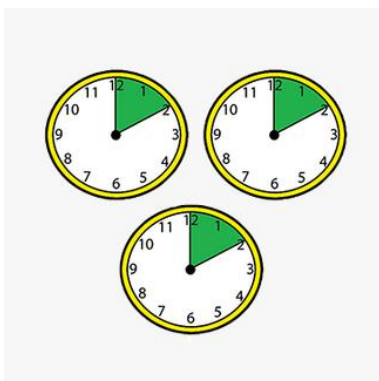
How much exercise do you need?



Exercise for 30 minutes.



Do it each day.



You do **not** have to do 30 minutes at the same time.

You can do 10 minutes at a time.

You do this 3 times in a day.

What must you think about?



Exercise can make your blood sugar

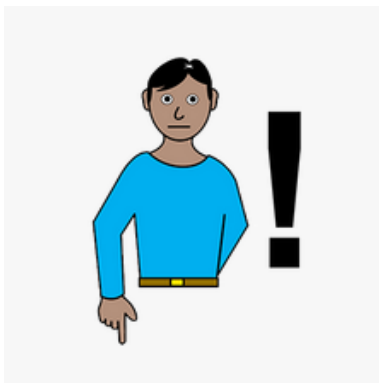
- go low

or



- go high

It may be

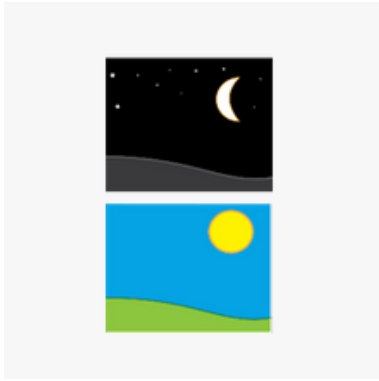


- now

or



- later in the day



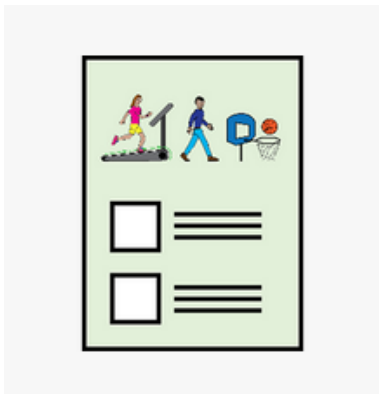
or

- one day after

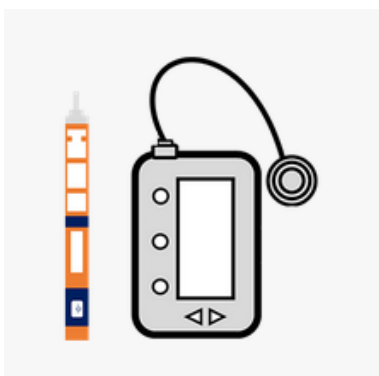


Talk to your doctor or diabetes educator.

They can help you make a plan.



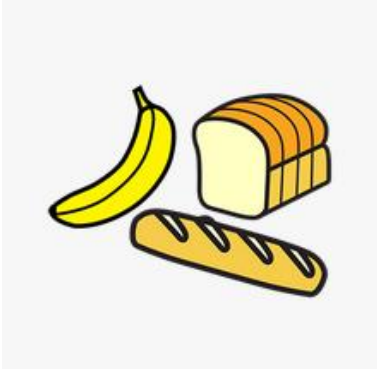
It tells you things to think about. Like



Your insulin. Do you need to take insulin

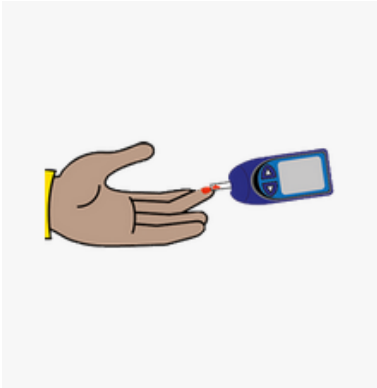
- before you start?
- at the end of your exercise?

You must think about



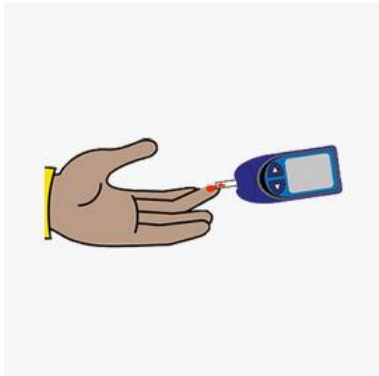
- do you need more carbs?

and



- When do you need to check your blood sugars?

Your steps to start exercise



Exercise can make your blood sugar change.

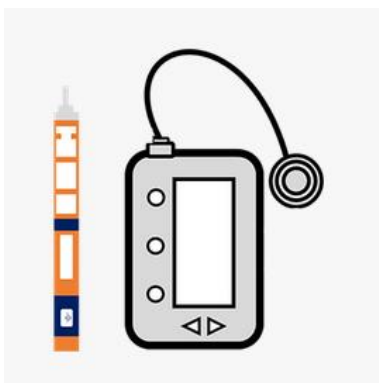
1. Check your blood sugars. Do this every 30 minutes.



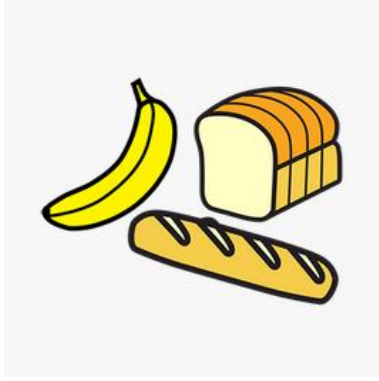
Your blood sugars are low.
Do **not** exercise.



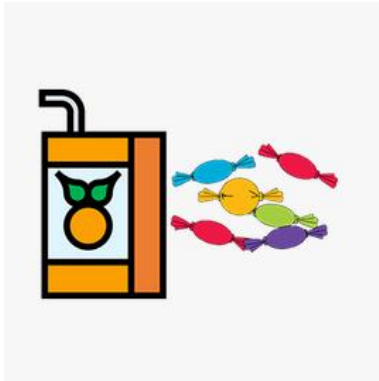
Check your blood sugars.
Your blood sugar reading is OK.
That is good.



2. Do you have your insulin?



3. Do you have your carbs?



4. Take your low blood sugar kit.
It has food with sugar.



5. Tell people you have diabetes. Like
you wear

- a bracelet
- a necklace

It says you have diabetes.



You feel low.



Stop now.



Check your blood sugars.



It says your sugars are low.

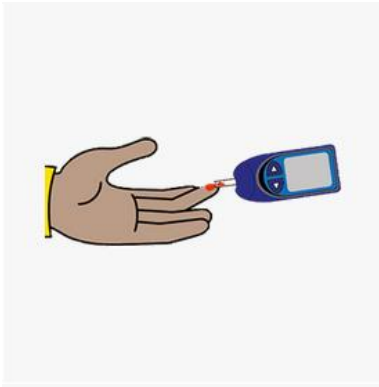
Eat food with lots of sugar in it. Like lollies.



You want to do more exercise.

But

You need to wait.



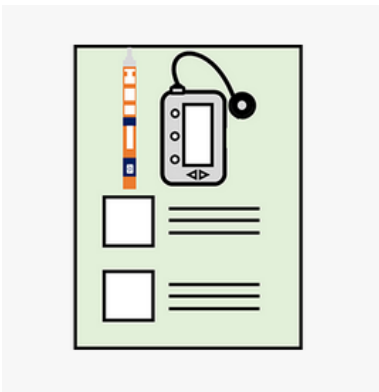
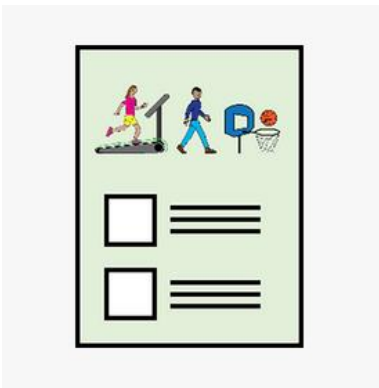
Check your blood sugars.

Take breaks to

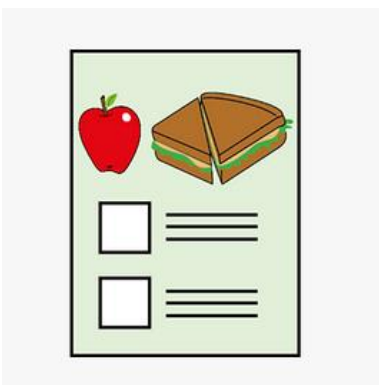
Your plan from your doctor may tell you to do more.

Like

- Check your blood sugars again. It may be in 2 hours time



- take your insulin



- eat more carbs

Food and Diabetes

Food and your health



Eat food from all food groups.



This is good for your diabetes.

It is good for your blood sugars.



There are 5 groups of food.

Group 1

- vegetables
- beans
- lentils



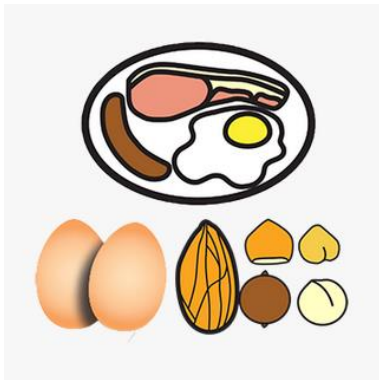
Group 2

- fruit



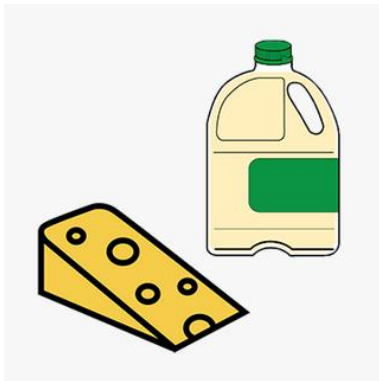
Group 3

- fruit
- rice
- pasta



Group 4

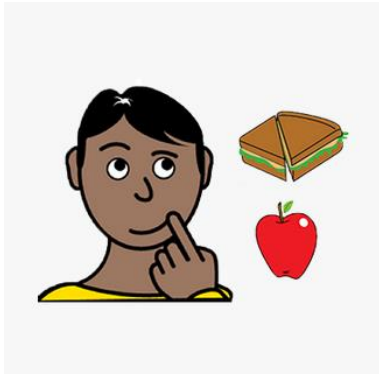
- meat
- fish
- eggs
- nuts



Group 5

- milk
- cheese
- yogurt

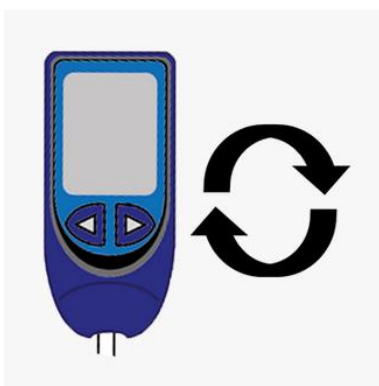
Carbs and your blood sugar



Think about the foods you eat.

There is sugar in foods.

There are carbs in food.



Carbs change your blood sugar.

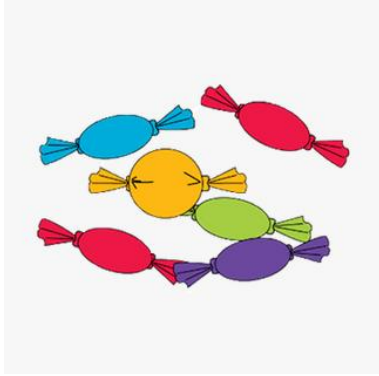


Some foods have lots of carbs. Like

- rice
- bread
- pasta



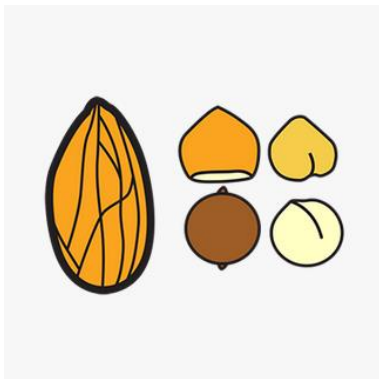
- biscuits
- cakes



- lollies



- soft drinks
- breakfast foods

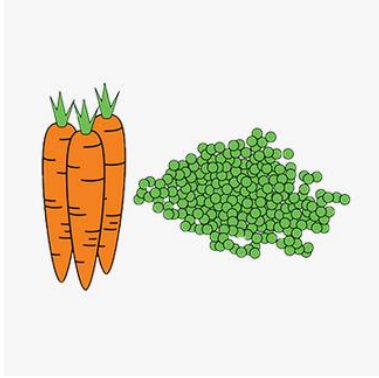


Some foods have low carbs. Like

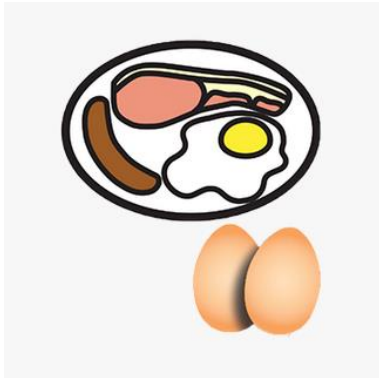
- nuts



- berries

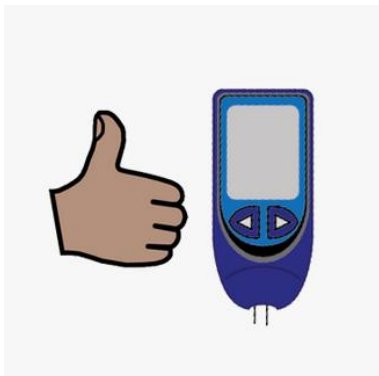


- carrots
- peas



Some foods have no carbs. Like

- meat
- fish
- eggs



You eat food with less carbs.
Your blood sugar goes up less.



You eat food with more carbs.
Your blood sugar goes up.

There are 2 types of carbs



1. **Some carbs go in to your blood. They are slow. They are called low GI carbs. Like**

- brown bread
- brown pasta



Beans. Like

- lentils
- chickpeas

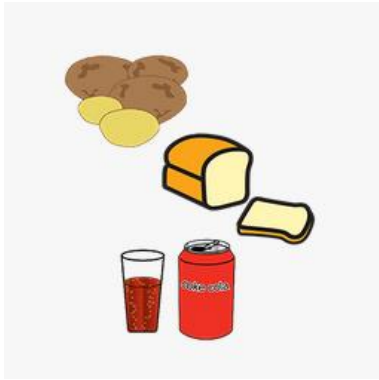


It is also fruit. Like

- grapes
- strawberries
- oranges



These carbs are good for you blood sugar.



2. Some carbs go in to your blood. They move fast slow. They are called high GI carbs. Like

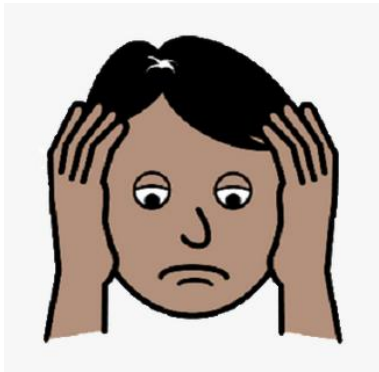
- potatoes
- white bread
- soft drink



Try to eat less high-GI carbs.

It is good for you blood sugar.

What does a dietician do?



It can be hard to change what you eat.

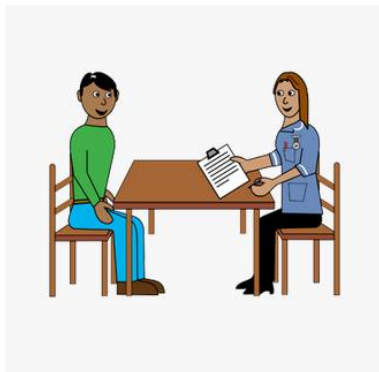
Like to

- find the right food
- stop eating some food you like



It is OK.

You can get help.

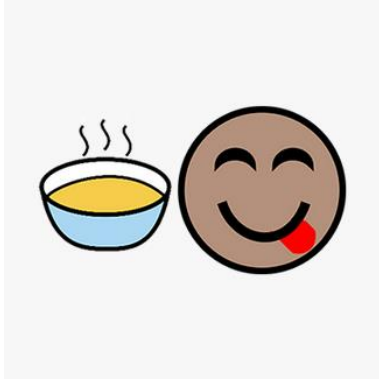


Talk to a dietician.



They help you

- Plan what to eat
- Put the right food in your plan.
Like low GI carbs



- have food you like in your plan



You dietitian may ask

- What do you like to eat?
- Do you have any special eating needs? Like you can only eat soft foods.



- what do you do every day?



Your dietitian checks

- how much you weigh
- how tall you are
- how big your waist is

Eating Out



You can eat outside your house when you have diabetes.

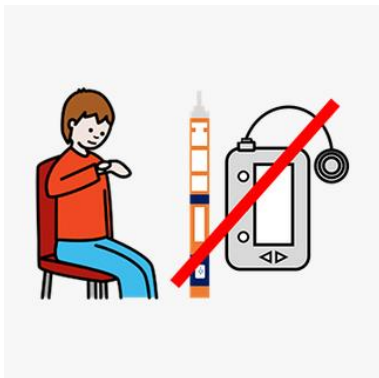
Like eating food from a

- restaurant
- café
- bakery



You do not know when you will get your food.

You wait for your food.



Do not take your insulin when

- you are waiting for your food to come
- your food is not at your table yet.



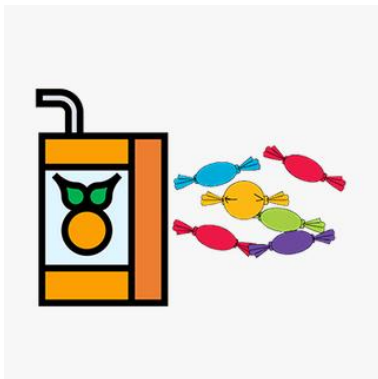
You get your food.

Take your insulin now.

What is a food label?



Food is made up of things you can't see. Like



- Sugar
- Carbs



And

- Fat
- Protein
- Sodium. We call this salt.

Nutrition Information		
Servings per package - 2		
Serving size - 1 unit		
	Per serve	Per 100g
Energy	400kj	800kj
Protein	2.3g	4.2g
Fat		
Total	0.3g	0.6g
Saturated	0.15g	0.3g
Carbohydrates		
Total	20.1g	40.2g
Sugars	3.2g	6.4g
Fibre	7g	14g
Sodium	12mg	24mg
Ingredients: glucose, butter, salt, wheat, palm oil, almonds		

Food labels tell you what is inside food. Like

- How much sugar is in the food.
- How many carbs are in the food.

Nutrition Information		
Servings per package - 2		
Serving size - 1 unit		
	Per serve	Per 100g
Energy	400kJ	800kJ
Protein	2.3g	4.2g
Fat		
Total	0.3g	0.6g
Saturated	0.15g	0.3g
Carbohydrates		
Total	20.1g	40.2g
Sugars	3.2g	6.4g
Fibre	7g	14g
Sodium	12mg	24mg
Ingredients: glucose, butter, salt, wheat, palm oil, almonds		

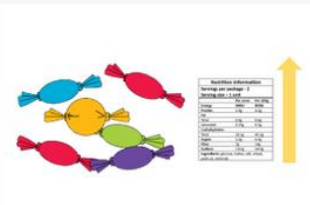
It is important to know how much sugar and carbs are in your food.

It helps you look after your diabetes.

Like



It can help you make decisions about what food to eat.



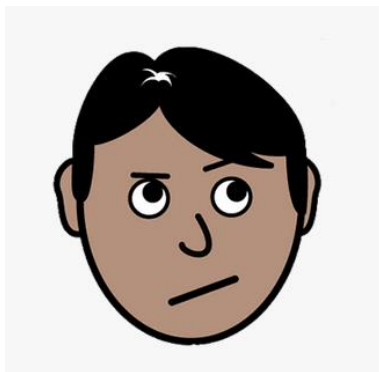
Your blood sugars might go low. So you need to know what sugary food to eat.



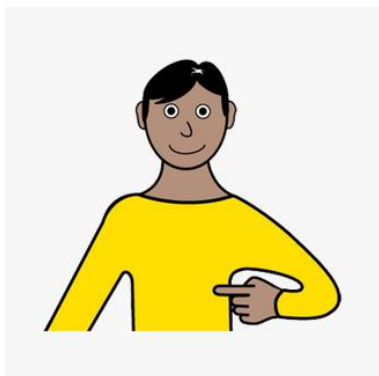
It helps you work out how much insulin to take.

Find out how to read a food label on the next page.

How do I read a food label?



Reading a food label means looking for the words and numbers on the label.



Looking for the right words and numbers can be hard.

But you can learn how to read the parts that you need.

Nutrition Information		
Servings per package - 2		
Serving size – 1 unit		
	Per serve	Per 100g
Energy	400kJ	800kJ
Protein	2.3g	4.2g
Fat		
Total	0.3g	0.6g
Saturated	0.15g	0.3g
Carbohydrates		
Total	20.1g	40.2g
Sugars	3.2g	6.4g
Fibre	7g	14g
Sodium	12mg	24mg
Ingredients: glucose, butter, salt, wheat, palm oil, almonds		

All food labels say how much

- Fat
- Carbohydrates
- Sugar
- Sodium. We call this salt.

Are in the food.

Your body needs different amounts of these things.

Nutrition Information		
Servings per package - 2		
Serving size – 1 unit		
	Per serve	Per 100g
Energy	400kJ	800kJ
Protein	2.3g	4.2g
Fat		
Total	0.3g	0.6g
Saturated	0.15g	0.3g
Carbohydrates		
Total	20.1g	40.2g
Sugars	3.2g	6.4g
Fibre	7g	14g
Sodium	12mg	24mg
Ingredients: glucose, butter, salt, wheat, palm oil, almonds		

A food label tells you how much in is

- A serve. The size of a serve changes for each food label.
- 100g

Nutrition Information		
Servings per package - 2		
Serving size - 1 unit		
	Per serve	Per 100g
Energy	400kJ	800kJ
Protein	2.3g	4.2g
Fat		
Total	0.3g	0.6g
Saturated	0.15g	0.3g
Carbohydrates		
Total	20.1g	40.2g
Sugars	3.2g	6.4g
Fibre	7g	14g
Sodium	12mg	24mg
Ingredients: glucose, butter, salt, wheat, palm oil, almonds		

Look at the column for 100g.

Nutrition Information		
Servings per package - 2		
Serving size - 1 unit		
	Per serve	Per 100g
Energy	400kJ	800kJ
Protein	2.3g	4.2g
Fat		
Total	0.3g	0.6g
Saturated	0.15g	0.3g
Carbohydrates		
Total	20.1g	40.2g
Sugars	3.2g	6.4g
Fibre	7g	14g
Sodium	12mg	24mg
Ingredients: glucose, butter, salt, wheat, palm oil, almonds		

Look at the total fats. Try to pick foods with less fat.

Like less than 10g.

Nutrition Information		
Servings per package - 2		
Serving size - 1 unit		
	Per serve	Per 100g
Energy	400kJ	800kJ
Protein	2.3g	4.2g
Fat		
Total	0.3g	0.6g
Saturated	0.15g	0.3g
Carbohydrates		
Total	20.1g	40.2g
Sugars	3.2g	6.4g
Fibre	7g	14g
Sodium	12mg	24mg
Ingredients: glucose, butter, salt, wheat, palm oil, almonds		

Look at the sugars. They are under the carbohydrates.

Try to eat foods with less sugar.

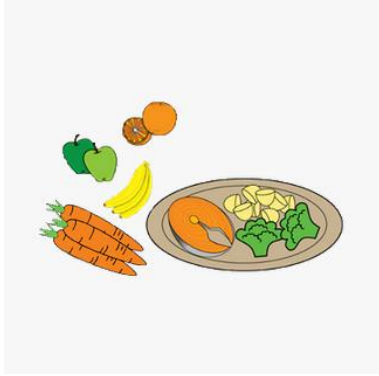
You may need to eat sugary foods when your blood sugar is low.

Nutrition Information		
Servings per package - 2		
Serving size - 1 unit		
	Per serve	Per 100g
Energy	400kJ	800kJ
Protein	2.3g	4.2g
Fat		
Total	0.3g	0.6g
Saturated	0.15g	0.3g
Carbohydrates		
Total	20.1g	40.2g
Sugars	3.2g	6.4g
Fibre	7g	14g
Sodium	12mg	24mg
Ingredients: glucose, butter, salt, wheat, palm oil, almonds		

Look at the sodium.

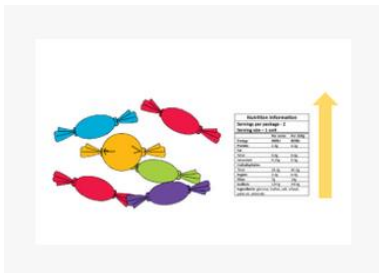
Try to eat foods with less sodium.

Like less than 400mg.

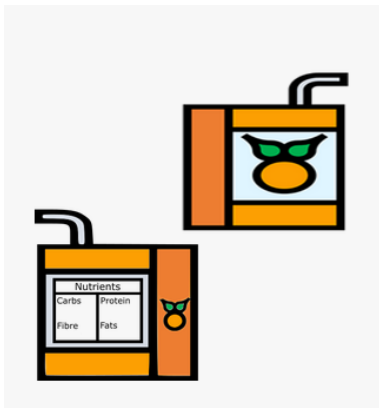


Healthy foods are low in fat, sugar and sodium.

Try to choose healthy foods.

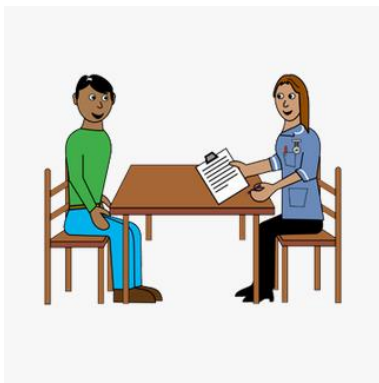


If your blood sugar goes low, you may have to eat foods high in sugar.



You can use food labels to tell what foods are high in sugar.

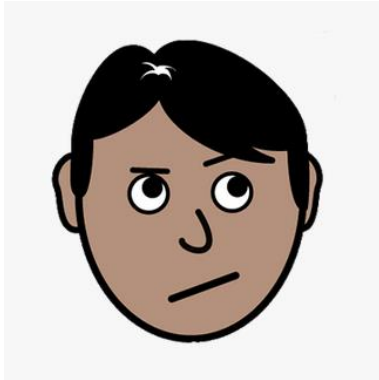
A support person can help you.



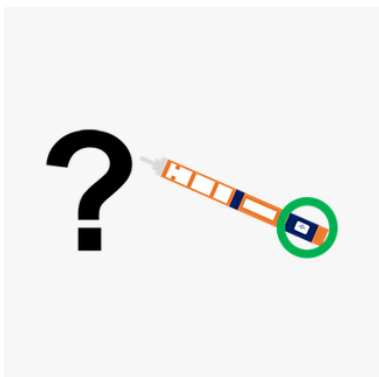
You can use a food label to work out how much insulin to take.

A support person can help you.

Carb Counting



It is important to know how many carbs you eat.



Knowing how many carbs are in your food tells you how much insulin to take.

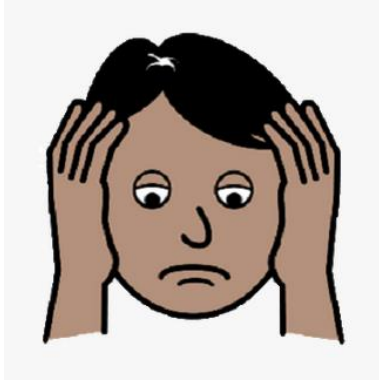


When you don't know how many carbs you are eating you can

- Take too much insulin. Your blood sugars might go low.



- Take too little insulin. Your blood sugars might go high.



Carb counting can be hard.

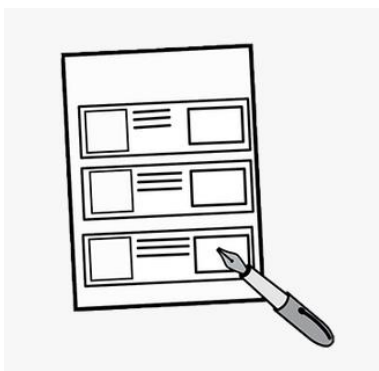
There are lots of different ways you can do it.

Nutrition Information		
Servings per package - 2		
Serving size - 1 unit		
	Per serve	Per 100g
Energy	400kj	800kj
Protein	2.3g	4.2g
Fat		
Total	0.3g	0.6g
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Total	20.1g	40.2g
Sugars	3.2g	6.4g
Fibre	7g	14g
Sodium	12mg	24mg
Ingredients: glucose, butter, salt, wheat, palm oil, almonds		

- Use food labels. They tell you how many carbs are in food.

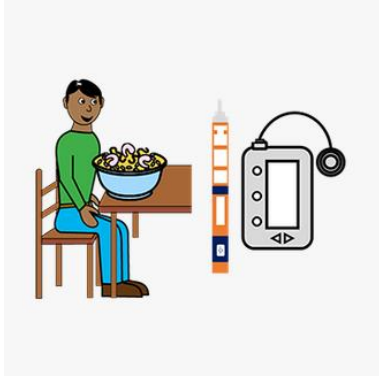


- Use a visual guide. Like a website or app.



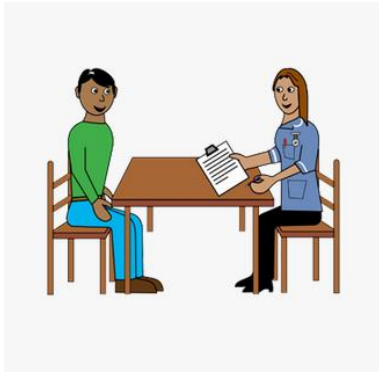
- Use a reference list. A reference list is when you eat a lot of the same food.

You can write down how many carbs there are so you don't have to count them every time.



Find a way which works for you.

When you know how many carbs you are eating, you can use this number and your carb ratio to work out your insulin dose.



Your diabetes educator can help you. They will know your carb ratio.

