

## **Is Type 2 Diabetes preventable?**

Yes. Even if you are at a high risk of Type 2 Diabetes because of genetic or lifestyle factors you can still prevent it with the right diet and lifestyle changes.

## **What are the worst foods for Type 2 Diabetes?**

Any foods with sugar such as cakes, biscuits, ice cream, desserts, sweets, chocolate, and soft drinks, as well as white carbohydrates like white bread, white rice, white pasta, white noodles, couscous, and white potatoes.

## **Why are sugars and white carbohydrates a problem when you have Type 2 Diabetes?**

These foods are broken down very quickly into glucose, which is a simple sugar that your cells use for energy. Normally insulin would help to clear this sugar from the blood, but in Type 2 Diabetes your body is resistant to insulin and sugar can accumulate in the blood causing high blood sugars and long-term damage to cells.

## **How does avoiding white carbohydrates and sugars help?**

Other carbohydrates break down more slowly and don't cause a rapid rise in blood sugar that your body can't deal with.

## **What foods are safe to eat if you're at a high risk of or already have Type 2 Diabetes?**

Carbohydrates from fruit, vegetables, pulses, nuts, and seeds are great as they're full of fibre and break down slowly. Proteins from meat, fish, dairy, eggs, nuts, seeds, pulses, and tofu are also great. And smaller amounts of healthy fats from oily fish, avocado and olive oil.

## **Why are proteins, fats, and fibre good?**

Protein, good fats, and fibre all digest slowly and keep you feeling full for longer. That means that you have fewer dips in energy that lead to cravings for sugary foods. It's hard to just use willpower to stop eating sugar. If you focus first on filling yourself up with all the right foods, it will be much easier.

## **What is a good breakfast if you're at high risk of or already have Type 2 Diabetes?**

Think about starting your day with protein as it helps you to feel full and slow the rate that you burn your carbohydrate foods. A high protein Greek Yoghurt with chopped nuts and seeds plus some berries, or scrambled eggs with mushrooms and tomato is a great start to the day.

## **I've heard fruit is bad. Is that true?**

Whole fruit is fine but always have it in combination with some protein like yoghurt, nuts, seeds, cheese, or a boiled egg. Avoid dried fruit, fruit juice and fruit smoothies as they are much higher in sugar. And focus on berries, apples and hard pears rather than the more sugary melon, banana and grapes.

## **Will losing weight help?**

Yes, it will as being overweight is one of the things that reduces your sensitivity to insulin and increases your risk of Type 2 Diabetes. But make sure that you try to lose weight in a way that's sustainable because if you put yourself on a strict diet that makes you miserable you won't be able to keep it up and you won't achieve anything in the long term. You need to be full and satisfied and you need to enjoy your food.

## **Does fasting help?**

Yes, research shows that a longer overnight fast can help to stabilise blood sugar so aim for 14 hours of fasting with the latest to stop eating being 8pm. Remember that adding milk or sugar to hot drinks will break the fast so black, green, or herbal teas or black coffee. If you currently only fast for 10 hours overnight, then build it to 14 hours slowly by having dinner slightly earlier and breakfast slightly later.

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