

5+ A DAY@WORK



Eating healthy food at work, containing **fresh fruit and vegetables**, adds **vitamins, minerals and antioxidants** to your day, making them excellent **value for money**.

Fresh fruit and vegetables are also an important **source of fibre** keeping us **full for longer** and supporting a **healthy digestive system**.

In contrast, **processed foods** are often **high in fat, added sugar** and offer **less nutritional value**.

Make a positive difference to your workday by swapping processed snacks for wholesome options and preparing healthy, affordable lunches to fuel **wellbeing, concentration** and **energy levels**.

PROCESSED OPTIONS	5+ A DAY OPTIONS
 <p>Bag potato chips – 80g</p> <p>↑↑ 9.2g fat (2 tsp) 1.1g fibre \$2.00</p>	<p>1 Cup raw vegetable sticks with 2 tablespoons hummus 3.8g fat (less than 1 tsp) ↑ 4.8g fibre \$1.40</p> 
 <p>Standard fruit muffin – 164g</p> <p>↑↑↑↑↑ 22.5g fat (6 tsp) ↑↑↑↑↑↑↑ 37.8g sugar (9 tsp) 5.7g fibre \$4.00</p>	<p>Apple with 1 tablespoon peanut butter (no salt/sugar added variety) 11.3g fat (3 tsp) ↑↑↑ 15g sugar (4 tsp) ↑↑↑ 6.9g fibre \$0.51</p> 
 <p>Nut muesli bar – 35g</p> <p>↑↑↑ 11g fat (3 tsp) ↑↑↑ 10.9g sugar (3 tsp) \$0.50</p>	<p>½ Cup unsweetened yoghurt and 1 chopped kiwifruit 4.5g fat (1 tsp) ↑ 9g sugar (2 tsp) ↑↑ 2.2g fibre \$1.05</p> 
 <p>Hot chips, regular – 116g</p> <p>↑↑↑↑↑↑↑ 30.6g fat (8 tsp) \$3.60</p>	<p>Leftover cooked roast vegetables (kumara, potato and beans etc.) – 1½ cups, cooked 2.0g fat (less than 1 tsp) ↑ 8.2g fibre \$1.21</p> 
 <p>Mince and cheese pie – 170g</p> <p>↑↑↑↑↑ 23.0g fat (6 tsp) \$3.00</p>	<p>Wholemeal wrap with 1 tablespoon hummus, lettuce, capsicum and cucumber 4.1g fat (1 tsp) ↑ 6.6g fibre \$1.90</p> 
 <p>Instant noodles - 75g</p> <p>↑↑↑↑ 15.5g fat (4 tsp) ↑↑ 8.6g sugar (2 tsp) \$2.00</p>	<p>Salad in a jar with ½ can chickpeas, spinach, carrot, tomato and 1 tablespoon balsamic vinegar 5.6g fat (1 tsp) ↑ 5.3g sugar (1 tsp) ↑ 11.7g fibre \$2.24</p> 
 <p>Sausage roll – 110g</p> <p>↑↑↑↑↑ 22.8g fat (6 tsp) \$2.00</p>	<p>Rice paper wraps (3) with 50g chicken breast, 50g vermicelli noodles, red cabbage, carrot, fresh mint, fish sauce, lime and sweet chilli 2.4g fat (less than 1 tsp) ↑ 4.2g fibre \$3.00</p> 
 <p>Store bought juice – 500ml</p> <p>↑↑↑↑↑ 51.5g sugar (13 tsp) ↑↑↑↑↑ 1.5g fibre \$3.00</p>	<p>Water infused with ¼ fresh orange 2.7g sugar (less than 1 tsp) ↑ 0.7g fibre \$0.15</p> 



COMPARING LUNCH COMBOS

COMBO 1 – \$9.00

Sausage roll, muffin and store bought juice
45.3g fat (11 tsp)
89.3g sugar (22 tsp)
7.2g fibre



COMBO 2 – \$7.09

Meat pie, cookie and regular soft drink
36.2g fat (9 tsp)
95.1g sugar (24 tsp)



COMBO 3 – BURGER COMBO – \$9.70

Takeaway beef burger, regular fries and regular soft drink
64.8 fat (16 tsp)
46.9g sugar (12 tsp)



HEALTHIER COMBO 1

– \$3.70

Wholemeal wrap, vegetable sticks and hummus, a kiwifruit and water
7.7g fat (2 tsp)
22g sugar (5 tsp)
13.7g fibre



HEALTHIER COMBO 2

– \$3.60

Salad in a jar, yoghurt, an orange and water
10g fat (3 tsp)
21.3g sugar (5 tsp)
15g fibre



HEALTHIER COMBO 3

– \$4.46

Homemade beef mince burger with lettuce, tomato, cucumber, edam cheese with an apple and water
15.6g fat (4 tsp)
18g sugar (5 tsp)
4.4g fibre



COST-SAVING TIPS FOR EATING HEALTHY FRESH FOOD EVERY DAY



Buy fruit and vegetables in season, recipes can be adapted to use seasonal produce



Add extra servings of vegetables to dinner to make meat go further, and put aside leftovers for lunch



Freeze overripe fruit to use in smoothies or use in baking as a substitute for added sugar



Fresh flavours are an affordable alternative to pre-made sauces, try lemon, garlic, chilli, onion, ginger and fresh herbs



Store fruit and vegetables correctly to keep them fresh for longer. See our storage guide: www.5aday.co.nz/facts-and-tips/fruit-vegetable-storage.aspx

A SERVING IS ABOUT A HANDFUL

Eat five or more handfuls of colourful fresh fruit and vegetables every day for health and vitality.



For more fresh ideas and recipes visit www.5aday.co.nz



Healthy ways of cooking



Baking

- It does not need added cream



Boiling or Steaming

- It does not need added cream



Grilling

- Trim fat off meat and throw away the trimmed fat in the rubbish
- Use a baking rack to drain the extra fat and throw this extra fat in the rubbish



Stir Fry

- Use water, or if using oil, use a small amount



Stewing

- Use lean meat
- Add more vegetables and/or beans to make it go further



Roasting

- Use a rack when roasting to drain the fat and throw this drained fat in the rubbish
- Remove skin and throw in the rubbish before serving the chicken



BBQ

- Remove excess fat from meat before barbequing



'Umu

- Use less coconut cream for palusami
- Remove excess fat from meat or canned meat for the lū

Simple steps to good health

- 1 Eat foods from all 4 food groups.
- 2 Eat foods **low in saturated fat, salt and sugar.**
- 3 Keep healthy by doing **at least 30 minutes of moderate physical activity 5 days or more per week.** Stay in shape by doing some extra huff and puff and weight-bearing exercise.
- 4 Avoid sitting for long periods of time.
- 5 Drink at least **8 glasses of liquid each day** – water is best.
- 6 If you drink alcohol limit your intake to:
 - **No more than 3 standard drinks* per day for MEN**
 - **No more than 2 standard drinks* per day for WOMEN**
- 7 Buy, prepare, cook and store food carefully to ensure food safety.

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Printed November 2020
 ISBN 978-1-877571-87-9

Eat for Health



6 Grain Foods

Mostly whole grains

Provide carbohydrates for energy; dietary fibre to assist digestion and regular bowel movements; vitamins and minerals for good health.



Eat **6** servings each day

Serving Examples

- 1 sandwich-slice of bread, preferably whole grain
- 1 small bun or bread roll, preferably whole grain
- 1 cup cooked rice/pasta, preferably whole grain
- ½ cup cooked porridge
- 2 weet-bix
- ½ cup of muesli
- **Try bread with minimal spread on it**
- **Try adding fruit to cereals instead of sugar**

5+ Vegetables and Fruit

Mostly seasonal & colourful ones

Provide carbohydrates, fibre, vitamins and minerals. Vitamins are essential for normal growth and protection from some diseases. Minerals are important for all functions of the body.



Eat at least **5** servings each day

Serving examples

- ½ cup of raw, cooked, frozen or canned colourful vegetables or fruit
- 1 medium fruit, eg. apple, orange or mango
- 2 small fruits, eg. plums, apricots, kiwifruit
- 1 cup cooked potato, kumara, taro, yam or cassava
- 1 medium banana – yellow or green
- **Choose fruit canned in natural juice or drain the syrup**

2 Milk and Milk Products

Mostly low or reduced fat

Provide calcium for strong bones and teeth, and protein for growth and repair.



Eat **2** servings each day

Serving examples

- 1 glass of milk (250ml)
- 1 carton of yoghurt (150ml)
- 2 thin slices cheese (40g)
- Choose reduced fat milk, cheese and yoghurt
- **Milk powder or evaporated milk is also a good choice**

1-2 Dried Beans, Lentils, Nuts, Seeds, Fish, Seafood, Eggs, Chicken and Lean Red Meat

Provide protein, vitamins and minerals. The body is easily able to absorb the iron in lean red meats, chicken and seafood.



Eat **2** servings each day

- ¾ cup cooked dried beans, eg. baked beans, kidney beans, chickpeas or lentils
- ⅓ cup or small handful of unsalted, raw or lightly roasted nuts or seeds

OR

Eat **1** serving each day

- 1 medium fillet of fish – cooked (100g)
- 1 egg
- 1 chicken leg or 2 drumsticks (no skin)
- 1 small chicken breast (100g – no skin)
- 1 medium steak or large chop (fat removed)
- 2-3 slices cooked meat (approx. 100g)
- ¾ cup of stew, mince or casserole (195g)

5+ A Day at work

Working fresh fruit
and vegetables
into your day



www.5aday.co.nz

Many fruit and vegetables are a natural source of B vitamins – useful for energy levels and reducing tiredness.

Just like a car needs the right fuel to run well, we need fresh fruit and vegetables to get the best out of our bodies for focus, energy levels and our overall wellbeing.

Include five or more servings of fresh fruit and vegetables every day and feel the difference that 5+ A Day makes to your day!

A serving is about a handful



Aim for two handfuls of fruit and three or more handfuls of vegetables every day.



Be prepared

Tips to reach your 5+ A Day target at work

- Keep a bag of salad greens and balsamic dressing in the work fridge – an instant salad to accompany any lunch
- Steam or stir-fry extra vegetables with dinner and set aside for lunch
- Start an office fruit bowl; everyone buys one variety
- Find a fresh fruit and vegetable retailer within walking distance of your work
- Keep fresh vegetable sticks and hummus in the fridge at work for a mid-afternoon snack

Make a positive change

By replacing processed snacks with wholesome homemade options, you could save money and improve your health too.

Fresh vegetables and fruit are low in saturated fat and high in fibre and water – helping you feel full without the extra calories.

BOUGHT LUNCH

– \$9.00

Sausage roll, muffin and store bought juice
45.3g fat (11 tsp)
89.3g sugar (22 tsp)
7.2g fibre



HOMEMADE LUNCH

– \$3.70

Wholemeal wrap, vegetable sticks and hummus, a kiwifruit and water
7.7g fat (2 tsp)
22g sugar (5 tsp)
13.7g fibre



Fresh fruit and vegetables or juice?

One apple provides around 10% of your daily fibre needs – keeping you fuller for longer. Much of this fibre is lost during processing into fruit juices.

One 350ml juice may contain 10 teaspoons of sugar.



Easy snack ideas

A balanced snack will keep you going on a busy day

- Mashed avocado on wholegrain crackers
- Natural yoghurt with chopped fruit, nuts and seeds
- Leftover roast vegetables with salsa
- Homemade beetroot hummus with vegetable sticks
- Banana with peanut butter



Sandwiches, wraps and rolls

Keep lunch interesting with these filling ideas

- Mexican wrap – black beans with lettuce, mushroom and fresh mango
- Leftover roast vegetable sandwich – try eggplant, courgette and capsicum with light honey mustard
- Mashed avocado with boiled egg, lettuce and tomato
- Grated raw carrot, beetroot, fresh mint and pumpkin seeds
- Rice paper rolls with fresh herbs and vegetables like carrot, capsicum, thinly sliced cabbage, coriander, rice noodles and cooked chicken for protein

Fresh, seasonal lunch ideas

- Frittata made with spinach and kumara. Make on a Sunday and freeze portions
- Summer salad-mix greens with in-season vegetables and top with sliced strawberries, raw nuts and lemon dressing
- Eggs on toast with avocado and spinach
- Baked kumara stuffed with canned chilli beans – cook in the oven or microwave
- Smoothie bowl topped with raw nuts or natural muesli – blend in the morning and refrigerate
- Vegetable soup – cook a batch and store in jars for no-spill transport

Visit www.5aday.co.nz for more lunch ideas and recipes.

Eat your colours every day









Different colours of fruit and vegetables provide a range of health protecting phytonutrients, helping to defend our body from chronic diseases, such as heart disease and certain cancers.

Eat a piece of fruit with lunch and increase your absorption of iron, important for energy levels and immunity.

Why should we eat fresh fruit and vegetables every day?

Fresh fruit and vegetables provide our bodies with a wide range of nutrients, helping to keep us healthy, both mentally and physically.

The list below describes some of these key nutrients and their fruit and vegetables sources.

Nutrient name	Role in our body	Vegetable sources	Fruit sources
 <p>Fibre</p>	<p>Supports digestion and helps us feel full without adding calories</p>	<p>Most vegetables contain fibre, especially artichokes, green peas and kale</p>	<p>Most fruit contain fibre, especially passionfruit, pears and strawberries</p>
 <p>Vitamin C</p>	<p>Helps our body absorb iron from food</p> <p>Supports healthy immunity and acts as an antioxidant – protecting the body's cells</p>	<p>Broccoli, cabbage, capsicum, cauliflower, courgette, fennel, kale, kohlrabi, leeks, peas, potato, puha, pumpkin, silver beet, swedes, tomatoes, turnip</p>	<p>Most fruit, especially blackberries, blackcurrants, citrus fruit, honeydew melon, kiwifruit and strawberries</p>
 <p>B Vitamins</p>	<p>Help our body release energy</p> <p>Support a healthy brain and nervous system</p>	<p>Most green vegetables and butternut, cabbage, capsicum, carrots, corn, kumara, mushroom, parsnip, taro, tomatoes, yams</p>	<p>Apricots, avocado, banana, oranges, peaches, strawberries</p>
 <p>Folate</p>	<p>Supports healthy growth and development, especially important during pregnancy</p>	<p>Most green vegetables and beetroot, buttercup, capsicum, gold kumara, squash, taro, yams</p>	<p>Avocado, boysenberries, kiwifruit, mandarins, mango, oranges, strawberries</p>
 <p>Vitamin A (carotenoids)</p>	<p>For healthy skin, eyesight and other cells of the body</p>	<p>Orange, yellow and green vegetables eg. broccoli, carrots, gold kumara, kale, puha, pumpkin, silver beet, spinach</p>	<p>Yellow and orange fruit, especially apricots, mango, and peaches</p>
 <p>Vitamin E</p>	<p>Acts as an antioxidant to protect the body from free radicals</p>	<p>Broccoli, pumpkin, silver beet, taro, tomatoes</p>	<p>Avocado, apricots, blackberries, kiwiberry, nectarines, peaches</p>
 <p>Potassium</p>	<p>Helps with muscle contraction and nerve function</p> <p>For healthy water balance of the body</p>	<p>Most vegetables contain potassium</p>	<p>Most fruit contain potassium especially avocado, banana, honeydew melon</p>
 <p>Iron</p>	<p>An essential part of red blood cells for moving oxygen around the body</p> <p>Supports brain development and functioning</p>	<p>Broad beans, snow peas, spinach</p>	

Fresh fruit and vegetables contain many different antioxidants, vitamins and minerals, however, to be classified as a source it must contain at least 10% of your Daily Recommended Intake (RDI).



5+ A Day Workplace Wellness Hub

Check out our Workplace Wellness Hub on our website www.5aday.co.nz to find practical tools and ideas to improve wellbeing and productivity at work.

Focussing on wellbeing provides benefits for employers and employees. In a recent survey (Nielsen Research November 2016) 72% of workers surveyed agreed that eating a healthy lunch makes them feel more productive in the afternoon.

Share a lunch

Why not share lunch on a Friday or once a month? If everybody brings one item (for example a bunch of asparagus or an avocado when in season) a shared lunch can be a healthy and cost effective option.



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How much sugar and fat is in our food?

When you're busy it can be easy to reach for packaged foods and drinks. But you may be surprised to learn just how much sugar or fats are in your favourite foods.

Here's a general guide to common foods – and how many teaspoons of sugar or fat are in them. You may be surprised!

Wherever possible aim to choose healthier food options.

SUGAR

- Low sugar breakfast cereal and yoghurt have less than 15g sugar per 100g
- Avoid drinks with more than 2.5g carbohydrate per 100g
- Choose other foods with less than 10g sugar per 100g

Fizzy Drink per 355ml

APPROXIMATELY

8

teaspoons of sugar
40g



Flavoured Milk per 250ml

APPROXIMATELY

7.5

teaspoons of sugar
38g



Diet Fizzy per 355ml

APPROXIMATELY

0

teaspoons of sugar
0g



Fruit Juice per 250ml

APPROXIMATELY

6

teaspoons of sugar
30g



Sports Drink per 750ml

APPROXIMATELY

15

teaspoons of sugar
75g



Sachet Drink per 1 litre

APPROXIMATELY

23

teaspoons of sugar
115g



Energy Drink per 255ml

APPROXIMATELY

5

teaspoons of sugar
24g



Bottled Water

APPROXIMATELY

0

teaspoons of sugar
0g



FAT

- Choose foods with less than 2g saturated fat per 100g
- Low fat yoghurt has less than 2g total fat per 100g
- Low fat milk has less than 1g total fat per 100g
- As a general guide, choose other foods with less than 10g total fat per 100g

Coconut Cream per 1 cup

APPROXIMATELY

8

teaspoons of fat
40g



Fried Rice per 2 cups

APPROXIMATELY

3

teaspoons of fat
15g



Hamburger per burger

APPROXIMATELY

6

teaspoons of fat
32g



Hot Chips per medium fries

APPROXIMATELY

4

teaspoons of fat
19g



Fried Chicken per 3 wings

APPROXIMATELY

5

teaspoons of fat
23g



Fried Fish per 2 pieces

APPROXIMATELY

12

teaspoons of fat
60g



Corned Beef per 340g can

APPROXIMATELY

18

teaspoons of fat
92g



Sausage Roll per 1 medium

APPROXIMATELY

3

teaspoons of fat
17g



Potato Chips per 150g bag

APPROXIMATELY

10

teaspoons of fat
50g



Meat Pie per 170g pie

APPROXIMATELY

6

teaspoons of fat
32g



Data courtesy of Diabetes Project Trust

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How to read food labels

The following information will help you work out what all the fine print on the back of labels means and how you can use it to choose healthy food items.

While ideally our diets should be based around fresh whole foods, there are times when reaching for packaged foods is quicker or easier. Food labels provide us with a wealth of information to help us decide if a food or drink is suitable to consume or not. But it does mean spending longer in the supermarket initially to work through it all.

To save time check the labels of food you already have in the cupboard before visiting the supermarket.

Alternatively, choose one or two types of food to investigate at a time. Information on labels can be small and difficult to read. Taking reading glasses or a magnifying glass may help.

All food packages are legally required to have a nutrition information panel (NIP) and a list of ingredients. These are not always on the same section of the label. Labels may also include nutritional claims.

Knowing what's the right choice isn't always easy!

Nutrition Information Panel

A NIP is required to provide nutrient content per serve and per 100g.

Specific nutrient information provided includes:

- > **Energy content**
(in kilojoules and sometimes calories)
- > **Protein content**
- > **Fat and saturated fat content**
- > **Total carbohydrate**
- > **Sugar content**
- > **Sodium (salt) content**
- > **Any nutrient about which a claim has been made**
e.g. "good source of calcium" requires calcium included in the NIP

Some products also provide information on the fibre content but are not legally required to do this.

Some foods provide nutrient information on different serving presentations such as breakfast cereals served with milk.



ENERGY

Energy is another word for calories (kcal) or kilojoules (kJ). Calories or kilojoules come from fats, carbohydrates and protein. Energy you eat is stored as fat if it is not used by the body. A food can be low in fat or sugar and still be high in calories/kilojoules.

FAT & SATURATED FAT

Fat is high in calories/kilojoules. Eating a lot of fat can increase calories/kilojoules intake and lead to weight gain. Saturated fat can increase unhealthy cholesterol levels and risk of heart disease.

CARBOHYDRATE and SUGARS

Carbohydrate provides calories/kilojoules and will increase blood glucose levels. It is important to eat some carbohydrate but not too much. Sugar is part of the the total carbohydrate in food. A small amount of sugar in food is acceptable.

FIBRE

Fibre is not always shown on a food label. It is found in fruits, vegetables, legumes, whole grain breads and cereals.

SODIUM (SALT)

Choose foods with lower sodium content especially if you have high blood pressure.

Golden Munchies <i>Your favourite breakfast cereal</i>		
NUTRITION INFORMATION		
Servings per package: 15 Serving size: 30g		
	Per serve	Per 100g
Energy	500kj 119kcal	1670kj 379kcal
Protein	2.2g	7.4g
Fat	0.6g	1.8g
- saturated	0.3g	0.9g
Carbohydrate	26g	87g
- sugars	4.2g	14g
Dietary Fibre	2.1g	7g
Sodium	117mg	390mg
Iron	3mg	10mg
Folate	50g	167g
Ingredients	Wheatmeal, Rice Flour, Maize Flour, Sugar, Sultanas, Skim Milk Powder, Salt, Sodium Bicarbonate, Iron, Folate, Turmeric	

Per 100g column

The 100g column is the most frequently used information. Use the 100g column to compare similar products or to select foods based on specific guidelines. For example to find a breakfast cereal with the highest fibre content, compare the fibre per 100g of different cereals.

The following guidelines will help identify healthier food items based on their nutrient content:

FAT

- > Choose foods with less than 2g saturated fat per 100g
- > Low fat yoghurt has less than 2g total fat per 100g
- > Low fat milk has less than 1g total fat per 100g
- > As a general guide, choose other foods with less than 10g total fat per 100g

SUGAR

- > Low sugar breakfast cereal and yoghurt have less than 15g sugar per 100g
- > Avoid drinks with more than 2.5g carbohydrate per 100g
- > Choose other foods with less than 10g sugar per 100g

FIBRE

- > Choose foods with more than 6g fibre per 100g

SALT/SODIUM

- > Food with low sodium content has less than 120mg per 100g
- > Food with high sodium content has more than 600mg per 100g

Per serve column

Use the per serve column to find out the amount of carbohydrate in a serving. For example: "One serve of this breakfast cereal is 30g and contains 26g of carbohydrate".

Check the serving size and servings per pack first. A 600ml drink bottle may contain three serves but if you are thirsty you may drink the whole bottle.

List of ingredients

All food packages include a list of ingredients but they are not always found as part of the nutrition information panel. Ingredients are listed in order of quantity from largest to smallest. Sugar, fat and salt are often listed in the ingredient list under different names.

Compare these products yourself:

- > How many servings in the package of fruit juice?
- > How many servings in the package of fizzy drink?
- > In 100mls, how much sugar is in the:
 - Pure Orange Juice?
 - Fizzy Drink?
 - Diet fizzy drink?
- > Does 'no added sugar' mean that there will be no sugar in the product?

Pure Orange Juice <i>No added sugar</i>		
NUTRITION INFORMATION		
Servings per package: 4 Serving size: 250ml		
	Per serve	Per 100g
Energy	455kj 82kcal	182kj 43kcal
Fat	<1g	<1g
- saturated	0g	0g
Carbohydrate	26.8g	10.7g
- sugars	26.8g	10.7g
Protein	<1g	<1g
Dietary Fibre	<1g	<1g
Sodium	8mg	3.2mg
Vitamin C	87mg	35mg
Ingredients	Reconstituted orange juice, flavour, vitamin C	

Fizzy Drink		
NUTRITION INFORMATION		
Servings per package: 2 Serving size: 250ml		
	Per serve	Per 100ml
Energy	450kj 107kcal	180kj 43kcal
Fat	0g	0g
- saturated	0g	0g
Carbohydrate	26.5g	10.6g
- sugars	26.5g	10.6g
Protein	0g	0g
Dietary Fibre	0g	0g
Sodium	25mg	10mg
Ingredients	Carbonated water, sugar, flavour, colour (150a)	

Diet Fizzy Drink		
NUTRITION INFORMATION		
Servings per package: 2 Serving size: 250ml		
	Per serve	Per 100ml
Energy	4kj 1.0kcal	1.5kj 0.4kcal
Fat	0g	0g
- saturated	0g	0g
Carbohydrate	0.25g	0.1g
- sugars	0g	0g
Protein	0g	0g
Dietary Fibre	0g	0g
Sodium	42mg	15mg
Ingredients	Carbonated water, flavour, colour (150a), sweetener, preservative	

Diabetes New Zealand is a leading national organisation and registered charity. Our aim is to support all people affected by diabetes to live well through: Providing information and support to help people take charge of their health • Acting as an advocate and representing all people with, or at risk of developing, diabetes • Raising awareness of diabetes, especially around lifestyle factors that can help prevent or delay type 2 and help manage and control type 1 and type 2.

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PRE-DIABETES (IMPAIRED GLUCOSE TOLERANCE)

What you should know?

What is Pre-diabetes or Impaired Glucose Tolerance (IGT)?

Pre-diabetes or IGT, is a condition that is diagnosed after an HbA1C blood test (which is a 3 month average test of blood glucose levels), alternatively a glucose tolerance test, when you are given a sweet drink and your blood sugar levels are measured. Pre-diabetes or IGT means your blood glucose (sugar) level is slightly higher than normal but not yet in the diabetic range. This is because of insulin resistance, which means that the glucose in your body is not being handled efficiently. This does not mean that you have diabetes. You do however have a 1 in 3 chance of going on to develop non-insulin dependent diabetes sometime within the next 10 years unless lifestyle measures are followed to reduce the risk.

Another problem for people with Pre-diabetes or IGT is the risk of blood vessel disease (also called macrovascular disease or atherosclerosis). This may increase your chance of having a stroke or heart attack. Two important risk factors for potential blood vessel disease are high blood pressure and high cholesterol (too much fat in your blood).

Because you have been diagnosed early, with a few simple changes to your lifestyle, you will be able to try and prevent any problems occurring.

You will need to:

- Watch what you eat
- Exercise more
- Have a check up with your doctor every 12 months

Why do I have to watch what I eat?

If you are overweight and especially if you tend to carry that weight around your middle (abdominal fat) you will aggravate your condition. Medical research has shown that abdominal fat increases the likelihood of IGT.

What to eat

People with Pre-diabetes or IGT do not require a 'special' diet. The dietary guidelines are the same as those for everybody:- eat plenty of bread, cereal, fruit and vegetables, eat less fat, sugar and salt and drink alcohol in moderation. Follow the healthy food pyramid diagram. The Pyramid encourages you to eat most foods from the foods on the bottom, moderately from the foods in the middle and least from the foods on the top which are high in fat.

By following these guidelines and increasing your level of physical activity, it will be easier for you to:

1. Keep your blood glucose level within an acceptable range.
2. Lose any excess weight that you have which could aggravate your condition.

3. Keep your blood cholesterol level within an acceptable range.
4. Reduce your blood pressure if it is high.



Reducing your fat intake

Eating too much food that is high in fat may either prevent you from losing weight or make you put weight on. The less fat you eat, the easier it will be for you to lose excess weight, prevent weight gain and maintain an acceptable blood cholesterol. Here are some hints on reducing fat intake:

- Read the labels on packaged food and look for the amount of fat. Less than 10 grams of fat/100 grams of food or less than 10% is a good level to aim for.
- Spread fat reduced butter or margarine as thinly as possible on toast or bread.
- Choose low fat dairy products.
- Choose lean meats and trim off the fatty edges of meat.
- Remove the skin from chicken or turkey.
- Try to eat more fish.
- Try to choose 'low oil' or 'no oil' salad dressings and mayonnaise.
- Use low fat cooking methods like grilling, steaming, boiling and microwaving.
- Season vegetables with herbs and spices instead of adding butter, margarine or oil.
- Refrigerate or chill casseroles, soup stocks and stews until the fat solidifies on top and then remove it.
- Try to choose a low fat snack like fresh fruit, lowfat yoghurt or fresh vegetables for between meals.

Exercise

Before commencing a new exercise programme have a thorough medical check up by your doctor.

Why is exercise important?

Regular exercise plays a very important part in the treatment of IGT.

Exercise helps to:-

1. Improve blood supply to your muscles.
2. Lower blood glucose by causing the muscle to take up glucose.
3. Lower high blood pressure levels.
4. Improve blood cholesterol and its fractions (components).
5. Prevent weight gain.
6. Relieve stress.

How much exercise?

Approximately 5 hours of exercise per week is required to have the maximum beneficial effect on your weight, blood sugar and blood cholesterol. The exercise does not have to be vigorous: gentle walking is sufficient. However, the exercise should be in addition to your normal daily activities such as housework or gardening. If you are not doing any exercise at present, start walking just a few minutes per day, and gradually increase the exercise over several weeks or months. If you have arthritis, or conditions that make it difficult, you may find that swimming, or walking in chest deep water, are good alternatives.

If you wish to take up a more vigorous exercise programme, such as jogging or aerobics, first consult your doctor to make sure it is safe to do so.

Treatment of blood pressure and high cholesterol

Because high blood pressure and high cholesterol often go together with Pre-diabetes or IGT, it is important that your blood pressure is checked regularly by your doctor and that the level of the blood fats including cholesterol, triglyceride and HDL is checked from time to time. In some cases, the blood pressure or cholesterol level may remain elevated, even when people are following a good diet and are getting plenty of exercise. In these cases, tablets may be required, and your doctor will advise you about this. Remember that even if you do have to take tablets for blood pressure or cholesterol, diet and exercise are still important in keeping levels normal.

Remember

Just because you don't feel any different or unwell with your Pre-diabetes or IGT doesn't mean that you don't have to do anything about it. If you follow these guidelines for healthy living and have a 12 monthly checkup with your doctor, you may be able to reduce your 1 in 3 chance of developing non-insulin dependant diabetes. You will also know that you are doing everything possible to reduce any damage to your blood vessels.

Information from Servier Laboratories.



Keep Active

Regular physical activity has many benefits:

- Lowers blood glucose levels.
- Makes the body work better.
- Helps with weight control.
- Lowers high blood pressure.
- Relieves stress.

Activities can include brisk walking, biking, swimming, dancing and mowing the lawn.

Aim for at least 30 minutes of moderate activity each day. More is better but begin gradually and build up slowly.

If you are joining a gym or exercise class talk to your doctor first. See the Diabetes New Zealand pamphlet *Diabetes and physical activity* for more information.

To stay well:

- Lose weight if you need to.
- Eat healthy food.
- Keep physically active.
- Don't smoke.
- Have regular health checks.

Remember, everyone in your family can eat the same healthy foods. Children need to have healthy food and plenty of activity from a young age.

To order *Pre-diabetes* or any of the Diabetes New Zealand information booklets, phone 0800 DIABETES (0800 342 238), or email info@diabetes.org.nz, or Freepost Diabetes NZ, PO Box 12441, Wellington 6144.

Diabetes New Zealand is a national membership organisation. Our aim is to support people affected by diabetes and health professionals throughout New Zealand. We act for people affected by diabetes by:

- providing local support
- acting as an advocate
- raising awareness of diabetes, especially interventions that will prevent type 2 diabetes or reduce diabetes complications
- educating and informing people about diabetes, its treatment, management and control
- supporting research into the treatment, prevention and cure of diabetes.

You'll find helpful information for people affected by diabetes in our pamphlets and on our website at www.diabetes.org.nz.

Take the right steps and stay healthy
Join Diabetes New Zealand
Phone 0800 342 238
Visit www.diabetes.org.nz



Diabetes New Zealand Inc.
 PO Box 12441, Wellington 6144

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Pre-diabetes





What is Pre-Diabetes or Impaired Glucose Tolerance?

Pre-diabetes is also known as impaired glucose tolerance (IGT). This occurs when the glucose (sugar) in your blood is higher than normal, but not high enough to be called diabetes. Pre-diabetes can often lead to diabetes although changing the amount and type of food that you eat and increasing your physical activity may prevent the development of diabetes.

Your body produces insulin, which is needed to transport glucose from your blood stream to your muscle, liver and fat cells, where it is used for energy. Pre-diabetes means the insulin is not working properly. Excess body fat contributes to this problem by causing resistance to insulin.

People with pre-diabetes have a higher chance of getting type 2 diabetes and heart disease.

You can halve your chance of getting diabetes by losing 5-10% of your body weight. You can do this by making healthy food choices and doing at least 30 minutes of physical activity every day.

Healthy eating and regular physical activity will help to:

- Keep your blood glucose within an acceptable range.
- Reach and maintain a healthy bodyweight.
- Keep your blood lipids (including cholesterol) within an acceptable range.
- Reduce your blood pressure.



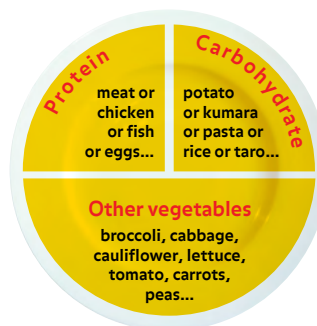
Diabetes New Zealand Healthy Eating Plan

Your blood glucose levels are directly affected by the kind and amount of carbohydrate (starchy foods and sugar) you eat.

Your risk of having a heart attack or stroke is affected by the kind and amount of fat you eat.

People with diabetes do not need to buy special foods or cook separate meals. The whole family can eat the same healthy foods.

- Drink plenty of water and stop drinking fruit juice and sugar-sweetened drinks.
- Eat breakfast, lunch and dinner every day.
- Eat some carbohydrate at each meal, but not too much.
- Stop eating foods high in sugar.
- Choose foods low in fat.
- Follow the Diabetes New Zealand Healthy Plate.
- Match the food you eat to your weight, medications, medical conditions and activity.



See the Diabetes New Zealand booklet *Diabetes and healthy food choices* and the pamphlet *Here's Healthy Food Inā te aki ora* for more information on healthy eating. Contact a New Zealand registered dietitian for more advice on your own personal eating plan.

Meal ideas

Breakfast

Baked beans on toast

- Use only a scraping of margarine on wholegrain bread



Lunch

Chicken and salad sandwich with fruit

- Use tuna, beef or low fat cheese for variety with lots of vegetables



Dinner

Steak, kumara and vegetables

- Remove fat from meat and cook without adding fat or oil
- Eat half a plate of vegetables
- Use chicken, lamb, beef, fish, beans and legumes for variety



If you are trying to lose weight, cutting out snacks and eating three well-balanced meals a day is a good way to achieve this.