



Small changes, big differences

Diet, exercise and lifestyle tips for living with type-2 diabetes

This leaflet has been developed by the Novo Nordisk Support Team for people living with type-2 diabetes.





RHONA BAPTISTE
Rhona has type-2 diabetes
UK

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No matter where you are on your type-2 diabetes journey, it's always important to have support. In this leaflet, you'll find top diet, exercise and lifestyle tips designed to help you make small changes that can lead to big differences in your life.

For more information about Novo Nordisk, please visit www.novonordisk.co.uk

Plan your plate

You don't need to cut out all the things you like.

Diet is an important consideration for someone with type-2 diabetes but knowing what to eat can be difficult. The truth is, there's nothing you can't eat as long as you're sensible, you portion correctly, and you know what's on your plate.

What can I do now?

- **Get your 5-a-day:** Non-starchy veg like broccoli, spinach and tomatoes are perfect, while berries and citrus fruits are also great for people with type-2 diabetes.
- **Use a smaller plate:** You can still fill up on your favourite meal but reducing the size of your plate tricks your brain into thinking you have the same amount of food.
- **Stick to mealtimes:** Having a defined breakfast, lunch and evening meal time will help you keep track of what you've eaten.



JOJIE CABALAN
Jojie has type-2 diabetes
UK



Going bananas

Did you know, bananas are actually classed as berries? Avocados and tomatoes are also technically fruit. And they're all great additions to a balanced diet.

RHONA BAPTISTE
Rhona has type-2 diabetes
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What can I do later?

- **Create a food diary:** Use an app, take pictures or write things down – a food diary is a great way to monitor what you eat. Show it to your doctor or nurse at your next appointment so you can set simple goals together.
- **Learn about nutrition:** Take the time to find out what your food contains and play around with new recipes. Sometimes just swapping one ingredient can make a much healthier meal.

Stay active

Tackle exercise head-on.

Exercise doesn't have to be a chore. You don't have to climb a mountain or swim the channel – you don't even need to join a gym. Exercise is anything that gets the blood pumping a little faster.



One small step...

Did you know, one single step uses around 200 muscles*? Imagine the workout you'll be getting if you go for a 15-minute walk.

HUW BEVAN
Huw has type-2 diabetes
UK

What can I do now?

- **Take the stairs:** You don't have to race up 12 storeys every day, but walking up one or two instead of getting in the lift will do you the world of good.
- **Go for a walk:** A brisk walk is a wonderful way of getting a good all-round workout and stretching those muscles and joints. It also helps to clear your head after a long day.
- **Release your inner child:** Do you have young kids, grandkids, nephews or nieces? Get stuck into their play time. Hide and seek keeps *you* fit and *them* entertained. Everyone's a winner.

What can I do later?

- **Put together a fitness plan:** Getting into a routine of manageable and varied activity is the best thing for your body.
- **Join a class:** Being motivated and inspired by others works well for lots of people.
- **Try something new:** The key to keeping fit is finding an activity that's fun. You just need to discover the one for you.



A team effort

Get your family and friends on side.

You don't have to manage your type-2 diabetes alone. Whether it's having someone to help you cook healthier meals, motivate you to exercise or simply listen to your thoughts and feelings, a support network makes all the difference.



What can I do now?

- **Tell your family:** If they don't already know you have type-2 diabetes, tell them. Help your family understand what it means and how they can help you take positive steps.
- **Speak about your feelings:** This comes easier to some people than others, but it works for everyone. If you feel more comfortable, write them down.

What can I do later?

- **Change the menu:** Eating is a shared experience. Showing your family that healthier meals can still be delicious means you can all enjoy the same great dishes together.
- **Make exercise fun:** Just like eating, exercise doesn't have to be a solo pursuit. Hit the swimming pool, go for a bike ride with your kids or head out on a family dog walk.
- **Keep talking:** Your type-2 diabetes journey will be full of ups and downs. Try your best to keep your family in the loop and always talk about the moments you feel great as well as the moments you don't.



Family fortunes

There are 19.1-million* families in the UK and they're all different shapes and sizes. If you're lucky enough to be surrounded by people who love and support you, make the most of it!

*from the Office for National Statistics 'Families and Households in the UK:2018' survey

By your side

You'll have as much support as you need.

Living with type-2 diabetes means a change in lifestyle. But you can still eat the things you like, do the things you want and enjoy a happy and healthy life. Plus, there are absolutely loads of resources you can get that cover diet, exercise, relationships and more.

For more information, please don't hesitate to get in touch with your GP or Diabetes Specialist Nurse, or visit the [Diabetes UK website](#).

KEN WHEELER
Ken has type-2 diabetes
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This information was developed for you by the **Novo Nordisk Support Team**. Novo Nordisk has been dedicated to diabetes care for more than 90 years. We support people living with diabetes all over the world, producing materials like this to ensure you have the information you need to make informed decisions. We're committed to being by your side throughout your journey with diabetes.

For more information about Novo Nordisk, please visit www.novonordisk.co.uk.

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