

# **DEWL - Diabetes and Weight Loss Study**

## **Sapphire Session 1**

### Topics to be discussed.

- Study Outline
- What to expect
- How to plan your diet
- Food records

## What is the STUDY?

Losing weight is difficult and it is even more difficult to maintain the weight loss you have achieved as many of you will have found in the past. Using a high carbohydrate, low fat, low GI, high fibre diet has been seen to be an effective means of weight loss shown by both experimental and clinical work. For people with Type 2 Diabetes maintaining a healthy body weight is important for optimal control of your blood glucose levels. Following a high carbohydrate, low fat, low GI diet will potentially assist you with weight loss and also improve your Diabetes control. You will combine this diet with a series of group meetings to provide extra support and an opportunity to discuss issues related to healthy eating and weight management.

The high carbohydrate, low fat, low GI diet approach has been used extensively around the world most famously in the Glucose Revolution Low GI diet.

The study emphasises the need to make long-term changes in eating habits, attitudes and behaviour. For **you** to be successful with this study **you** will have to be responsible for **your** participation in it. You will need to be committed to making a change and be prepared for the ups and downs that will occur as you progress through the weight loss study.

## PROGRAMME STRUCTURE



### 1<sup>st</sup> 6 months Weight Loss Programme Timetable

<b>Week</b>	<b>Activity</b>
-2	Session 1 outline of the study Keep 3 day food diary
0	Medical investigation
1.	<b>Group meeting 1</b>
2.	
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5.	<b>Group meeting 3</b>
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8.	
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18	
14	<b>Group meeting 10</b>
19	
20	<b>Group meeting 11</b>
21	
22	<b>Group Meeting 12</b>
	<b>6 months medical investigation and collection of 3 day food record</b>

The group sessions are every two weeks for the first 6 months. We encourage you to support each other, and you may decide as a group to exchange telephone numbers and to be in contact with each other.

### *What do you actually eat?*

It is very important that as you go on to the high carbohydrate, low GI diet, that it is monitored carefully to ensure that you are consuming adequate macro and micronutrients. This will be monitored by the dietitian and also on analysis of your food records. We have included with your information pack a sample meal plan, exchange lists and free foods list to help you. You must follow the instructions carefully and fully in order to get the benefits of the plan and lose weight.

In the first group session we will explain how to plan your diet using the lists. Write this into the table on page 1 of your diet manual.

1. How many carbohydrate portions are you allowed? Spread these over the day.
2. How many protein portions are you allowed? Spread these over the day.
3. Fill in the rest of your meals with free foods.

The dietitian will go over an example and help you to plan your meal plan.

#### **Fruit:**

Fruit is an important part of your diet as it contains vitamins and nutrients including fibre. You need to make sure that two of your carbohydrate exchanges each day are fruit. Fruit may

affect your blood glucose levels if too much is eaten at once so spread your two serves across the day.

### **Vegetables:**

Vegetables are even more important as they provide vitamins, minerals, fibre and other nutrients that fight cancer and protect against heart disease. The vegetables of the free foods list do not affect your blood glucose levels. Include at least 3 servings of vegetables each day and more if you can!

## **USEFUL RESOURCES AND WEBSITES**

### Cookbooks:

The Low GI Diet Cookbook - \$40 by Janette Brand Miller; Kaye Foster-Powell; Joanna McMillan-Price - ISBN 0733619452

Heart Foundation Cookbooks - \$12 - \$30 from

[www.nhf.org.nz](http://www.nhf.org.nz) or bookstores. Heart Smart Cooking, Deliciously Healthy, Quick Food for the Heart, Best of Food for the Heart, Real Food Cookbook.

## **STEPS TO TAKE BEFORE STARTING THE DEWL DIET**

- As far as possible remove all tempting foods from the house
- Plan what food and drinks you need to buy
- Discuss the diet plan with your family and close friends. Their support will be very important to your success with the programme
- Decide with the person who does the cooking if that is not you

## WHAT YOU CAN EXPECT WHILST ON THE DIET?

- The amount of weight that you are likely to lose on the diet is dependent on each individual therefore we can not put a set figure on it.
- You may feel cold during weight loss, this is due to the body responding to the diet and weight loss by lowering its internal core temperature. You may need to add an extra layer of clothing and use extra bedding at night.
- Surprisingly your hunger should actually diminish after the first day or two. Lack of hunger makes keeping to the diet easier. You may, however, experience some food cravings while on the diet. Try to distract yourself with other thoughts and activities and the food images should soon pass.

## Weighing Yourself Whilst Losing Weight

It can be confusing to weigh yourself on inaccurate scales, or at different times of day. Your weight fluctuates daily because of changes in body water as well as fat. This variation can cause uncertainty and undermine your efforts at weight loss.

Decide in advance how often, and where, you will weigh yourself and stick to this. Aim for no more than two times a week. You may only wish to be weighed when you come to the group sessions. Keeping a graph of your weight loss is helpful and we will ask you to do this in the programme (Sample attached at the end of the handout).

### Tips for weighing yourself:

➤ Decide in advance how often you want to weigh yourself. Some people find weekly weighing helpful; others prefer to weigh themselves 2 times per week. Remember, daily weight does fluctuate.

➤ Only weigh yourself on accurate scales and use the same scales each time. Don't let other members of the family fiddle with or move the scales.

➤ Weigh at the same time in the day - for example, first thing in the morning, once a week, on the same day. Your weight tends to increase through the day.



# ***Food Records***

## **Keeping records of what you eat.**

You are required to keep a three day food record prior to starting this study which is detailed separately. Additionally, we recommend that you keep diaries for yourself.

Keeping a record of what you eat and when you eat it has been shown to be one of the most important aspects of achieving and maintaining weight loss and is essential when you have to monitor your carbohydrate intake very closely.

These diaries also encourage you to record your physical activity throughout the day and your feelings at the time of both eating and exercising.

The way they work is not to 'police' you, but to help you to become much more **aware** of your eating. Because food diaries make you confront your behaviour, and can be tedious to keep people often don't like them.

It is a good idea to buy a small notebook that you can carry with you in your bag or pocket. Below is a sample of how to set out the columns in the food and exercise diaries.

## The benefits of keeping a diary are:

- You become aware of what you eat.
- You learn to assess food and amounts.
- You increase your control over eating.  
Knowing where you stand throughout the day allows for flexibility.
- Eating patterns become clear.
- You can learn how the food you eat and your exercise affects your weight.
- You can see and learn to control the day to day fluctuations in food eaten, activity and exercise.

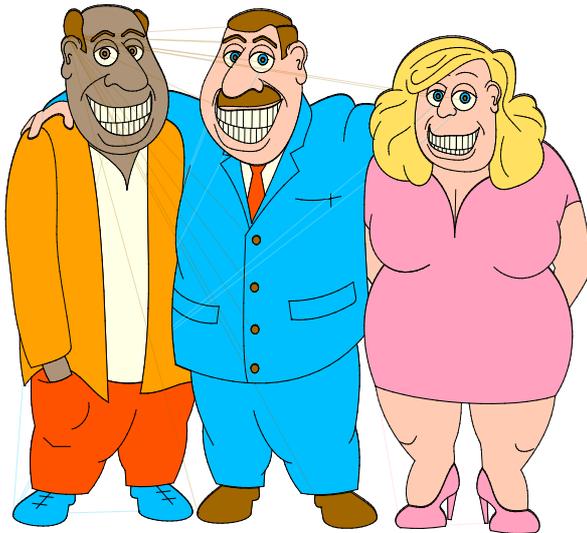
### • *Tips for keeping good food diaries:*

- **Record food when you eat it.** *(Don't rely on your memory)*
- **Every little bit counts.** *(Snacks are just as important as your main meals.)*
- **Be as accurate as possible with amounts.** You do not need to weigh all your food, but try to use household measures instead. E.g. Tablespoons, cups, small, medium or large bowl etc. *(use the information on labels whenever possible)*

### Example of how to set up your food diary:

Time/ Meal	Food eaten	Physical activity/ exercise	How did you feel?

## Working in Groups



The sessions are run in a group of 20 individuals all on the same study as you. The shared experience of a group can help in problem solving and offers support and encouragement.

Being a good group member is a responsibility of everyone in the group.

To be a good group member you should;

- Attend meetings and be punctual
- Listen: being a good listener requires active participation. Be aware of who is speaking. Is the subject being discussed sensitive?
- Be non-judgmental: Accept that we all have our own opinions and ways of doing things. Seldom is your way the only way.
- Be an active participant: In any group some people are more active than others and this often reflects personality difference. You should not feel pressured to speak, but some participation is beneficial for all.
- Share the time: Look at the way you are within the group and see if you are always the first to speak, or if you constantly interrupt, be aware of others and their needs.
- Confidentiality: It is very important that you respect each other's privacy. Any information about a person that is shared in a group session should be taken in confidence and not discussed with anyone outside of the group.

# ***Weight as a Goal***

**Current weight**

**Dream weight**

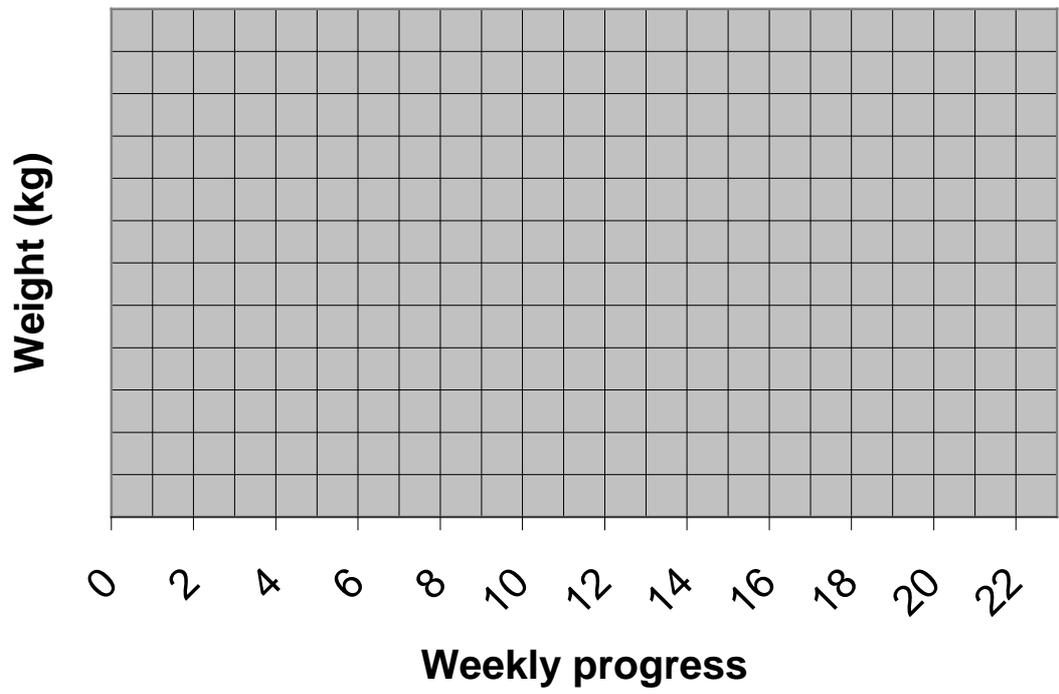
**Happy weight**

**Acceptable weight**

**Disappointed weight**

**Current weight less 10%**

# Weight loss progression chart



# **DEWL - Diabetes and Weight Loss Study**

## **Topaz Session 1**

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- Study Outline
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## What is the DEWL STUDY?

Losing weight is difficult and as many of you may have found in the past, keeping the weight off is even more difficult. Studies have shown that eating more protein and foods which are high in fibre (like fruit, vegetables and wholegrain cereals) can be good for weight loss. For people with Type 2 Diabetes maintaining a healthy body weight is important for optimal control of your blood glucose levels. Following a high protein, low Glycaemic Index diet might help you lose weight and improve your Diabetes control. You will combine this diet with a series of group meetings to provide extra support and an opportunity to discuss issues related to healthy eating and weight management.

The high protein, low GI diet approach has been used extensively around the world most famously in the CSIRO Total Wellbeing diet.

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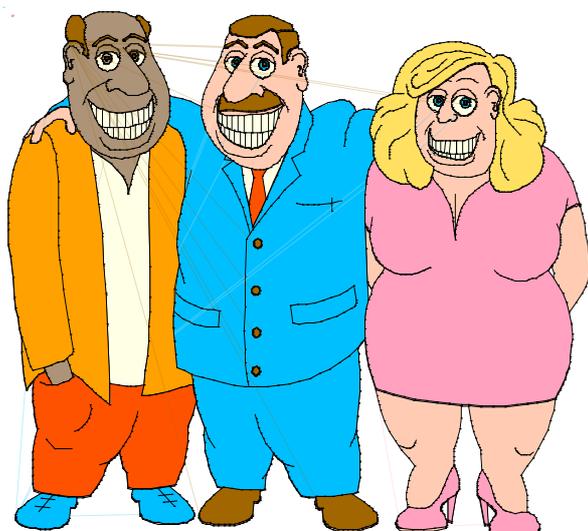
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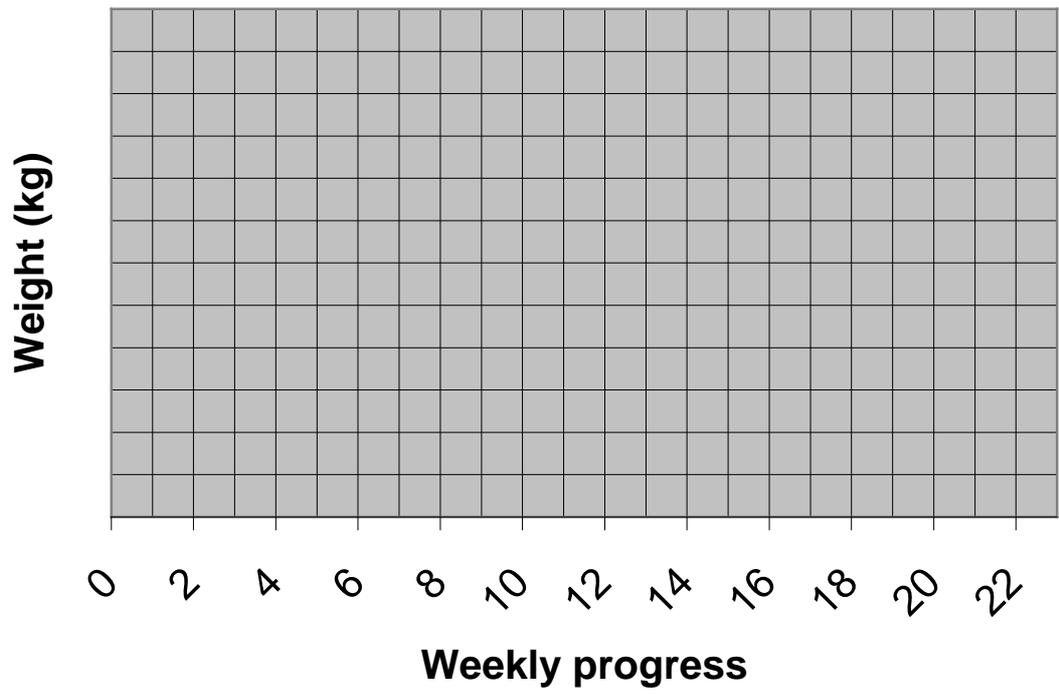
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## Weight loss progression chart



# DEWL - Diabetes and Weight Loss Study

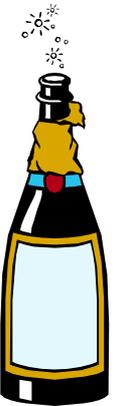
## Session 2

### Topics to be discussed.

- The glycaemic index
- Converting recipes
- Tips for keeping to the diet

**Congratulations!**

You have completed two weeks of the DEWL Study diet



**Keeping to the diet 100% of the time improves weight loss and makes the initial period of the diet easier.**

## The Glycaemic Index

The glycaemic index (GI) is a way of ranking foods according to how quickly they are digested and absorbed by the body. It is based on glucose - given the value of 100 - and foods are ranked accordingly below or above this mark. Low GI foods are especially important for people with diabetes as they produce a slow rise in blood glucose after a meal rather than a rapid rise. In practice, GI is quite complicated as lots of things affect the GI of a food. Foods such as porridge, grainy bread and pasta for example, have a low glycaemic index, indicating that they are slowly digested. On the other hand, Rice bubbles, baked potatoes and jasmine rice have a high GI meaning they are quickly absorbed. Although less refined foods (like grainy bread) are generally lower GI than highly refined foods (like white bread), this can be affected by how much fat and protein they contain (these nutrients tend to lower the GI). To keep it simple we have provided a table of common foods showing their GI values.

**GI of common carbohydrate foods:**

<b>High GI foods &gt;70</b>	<b>Moderate GI foods 55 – 70</b>	<b>Low GI foods &lt;55</b>
<p><b>Breads:</b> Bagels Baguettes, French bread Gluten free bread</p> <p><b>Cereals:</b> Cornflakes™ Puffed/shredded Wheat Rice Bubbles™ Sultana Bran™ Bran Flakes™</p> <p><b>Pasta / Rice:</b></p> <p>Rice – Calrose, Instant, Sunbrown quick, white, medium and short grain, Jasmine Pasta – brown rice pasta</p> <p><b>Fruit:</b> Watermelon Lychee Dates</p> <p><b>Vegetables:</b> Parsnip Potato – instant, baked, mashed Pumpkin Kumara</p>	<p><b>Breads:</b> Bread – white, wholemeal, pita. Chapatti, roti, crumpets, rye (Preferably have wholemeal as some varieties have a lower GI than white bread)</p> <p><b>Cereals:</b> Mini Wheats Just Right™, Sustain™ Weetbix™, Vita Brits™ Instant porridge</p> <p><b>Pasta / Rice:</b> Rice – Basmati, brown, long-grain, Arborio, Doongara Couscous, gnocchi Instant noodles</p> <p><b>Fruit:</b> Figs Paw paw (papaya) Rockmelon Pineapple Raisins Sultanas</p> <p><b>Vegetables:</b> Beetroot Potato – new Taro Green banana</p>	<p><b>Breads:</b> Bread – Mixed grain, oat bran, all bran, multigrain Pumpernickel Dense fruit breads</p> <p><b>Cereals:</b> All Bran™, Porridge Unsweetened, untoasted muesli Special K™</p> <p><b>Dairy Foods:</b> Milk, yoghurt, custard</p> <p><b>Rice / Pasta:</b> Pasta – white, wholemeal Rice – Parboiled</p> <p><b>Legumes / Grains:</b> Beans – Baked beans, haricot, Kidney, soy, butter beans Chickpeas, split peas, lentils, Barley, bulgur, dhal, buckwheat</p> <p><b>Fruit:</b> Apples            Grapefruit Pears             Grapes Cherries         Peaches Oranges         Plums Apricots         Strawberries Grapes            Mango Banana (firm)   Kiwifruit</p> <p><b>Vegetables:</b> Yams Corn              Carrots</p>

## Converting Recipes

Convert some of your favourite recipes by asking yourself the following questions:

- a. How much protein is in the recipe? Can I increase or decrease to suit?
- b. How much carbohydrate is in the recipe? Do I need to add extra carbohydrate to make this a meal? What sort of carbohydrate could I add?
- c. Does the recipe already contain vegetables or do I need to add them in?
- d. Does the recipe contain ingredients that I could swap for lower fat or lower GI ingredients?

For example how could we change this recipe:

### **One Pot Mince and Veggies**

- 2 tbsp oil
- 500g mince
- 2 medium onions - chopped
- 1/2 cabbage chopped
- 1 carrot, chopped
- 3 sticks celery, chopped
- 1 cup frozen green beans
- 2 tbsp rice
- 3 cups water
- 1 dessertspoon soy sauce
- 1 dessertspoon curry powder
- 1 tbsp sultanas
- 1 pkt chicken noodle soup mix

Choose a big pot, brown the onion and mince in oil. Add all other ingredients, bring to boil and simmer for 35 minutes.

This recipe is so tasty it can be doubled and half frozen or used again the next night. You can add more veggies or different veggies e.g. peas, capsicum, zucchini, mushroom.

Questions to ask:

1. How much protein is in the recipe? 500g mince. This is enough protein and I would need to measure out how much mince I ate according to how many protein portions I need for dinner.
2. How much carbohydrate is in the recipe? 2 Tblspns rice. This is not enough carbohydrate and I would need to add some extra rice or pasta according to how many carbohydrate portions I need for dinner.
3. Are there vegetables? Yes - there are lots of free vegetables
4. Are there ingredients I could swap for lower fat or GI ingredients? I could look for a low fat chicken soup mix and I can tip the fat off the mince once I have cooked it and I can use no oil or less oil.

## Converting Meat Recipes into a Lower Fat Version

- Trim all visible fat from meat before you cook it
- Remove skin from chicken before cooking
- Use chicken bacon instead of streaky bacon
- Prick with a fork then boil sausages and discard the fat before you grill or bake them
- Cool stews and casseroles after cooking, then skim fat from top and discard before reheating
- Grill, roast, bake, microwave or stew rather than deep frying
- Use only a small amount of either oil or margarine when stir-frying. Spray oils are good as they use very little oil and get an even cover of the pan
- Pan fry using a non-stick pan or line the bottom of the pan with baking paper for a non-stick surface. Then throw away the paper and the pan is still clean!
- Keep the amount of oil or margarine that you add to recipes to a minimum
- Roasting meat in an oven bag keeps the meat moist without needing basting or additional fat
- Buy lean mince or stir fry meat and drain off the fat
- For fish, bake wrapped in tinfoil, poach gently in trim milk, steam or microwave
- Buy tinned fish in water rather than oil or brine

## Tips for keeping to the diet.



- Try to **keep out of the kitchen** as much as possible.
- **Distract yourself** from thinking about food by doing other things. Prepare a list of tasks or pleasant activities that you can do when you get a desire to eat. ( Eg. Going for a walk, doing some gardening, reading a book .....
- Try **not to have tempting foods in the house**. If this is not possible then keep them in containers so that you cannot see them.
- Make plans in advance for difficult meal occasions such as meals at work or visiting friends. Let others around you know in advance that you may not be eating so that they understand and can be supportive. It may be best to try to avoid these situations completely at the beginning.



## Weight Chart

It is a good idea to chart your weight loss regularly. In your folder you have a weight chart. It is important that you use the same set of scales each time that you weigh yourself as there are often small differences between scales that may give you a false idea of how much weight you are losing. It is also important that you weigh yourself at the same time of day on each occasion. You should not weigh yourself more than two times a week. More regular weighing will only highlight the day to day ups and downs and not the real trend. You may wish to only weigh yourself at each group session and record this weight on your chart. We will be recording your weight at some group sessions to monitor your progress.



## WHAT IS HUNGER ?

We often say we are hungry. Hunger is usually described as an empty or gnawing feeling in your stomach.

However, your stomach is not always empty when feelings of hunger develop and this suggests that the "hunger" feeling can be either physical or psychological.



Physical hunger can be accompanied by symptoms such as headaches, stomach pangs or lightheadedness.

Psychological hunger is usually not accompanied by any physical symptoms. It is often characterised by specific food cravings. For example, seeing and smelling a pizza restaurant might make you crave a pizza. This desire to eat does not arise from a need for food as energy. It arises because you

have learned to associate the sight and smell of food with eating. For some people psychological hunger develops because you have learnt to alter moods like anger, sadness or boredom by eating.

# Goal Sheet

My Goals For this Fortnight are:

**Diet**

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**General Life**

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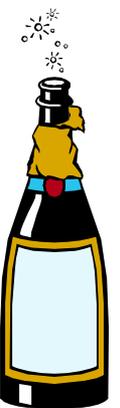
Session Three

Topics to be discussed.

- Review Last 2 weeks
- The DEWL Diamond
- Fat

**Congratulations!**

You have now completed four weeks of the DEWL diet



## A Balanced Diet

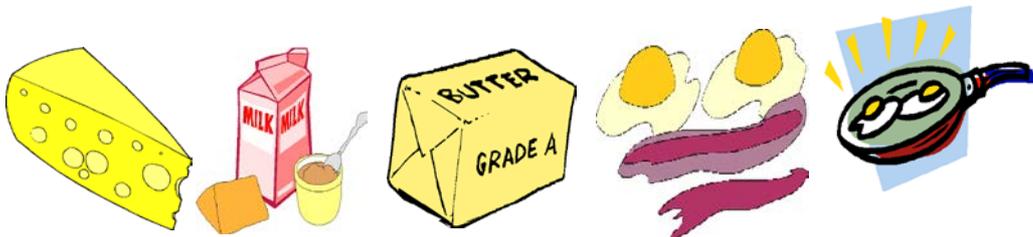
- The secret of a healthy diet is to have the correct proportion from each food group in your diet.
- Regular meals and snacks are essential for health.
- The amount of energy you need depends on your individual requirements.
- All foods give energy - some are a more concentrated source than others.

## The DEWL Diamond

The DEWL Diamond is your new food pyramid. It shows you the correct proportions of foods to eat. Stick it on your fridge so that you can check each day as a reminder.

## FAT

Fats are very concentrated sources of energy (calories). They contain twice as many calories, weight for weight, as starch and protein foods.



**Hidden fat :**

Cheese, egg yolk, milk

**Visible fat :**

Fat on meat, margarine and butter

**Added fat :**

Added fat while roasting or frying

There are different types of fat:

- Saturated Fat
- Unsaturated fat - Polyunsaturated and Monounsaturated

These types of fat have a different mechanism in the body, and depending on the way that they are used can have either beneficial or harmful effects. Check your diet manual for more details.

**Omega 3 Fats:** Omega-3 fatty acids are a type of very long chain fat found in fish, seafood, canola and soy oil, linseed (also known as flaxseed) and walnuts. Omega-3 fats are beneficial for health and intakes are generally low in the western diet. Omega-3 fatty acids are best known for their important role in the brain development of infants. Here are some of the positive benefits of including more omega-3 fats in our diet:

- Lowers risk of heart disease
- May reduce swelling in arthritis
- May reduce asthma symptoms
- May reduce incidence of depression
- May reduce eczema and other skin conditions

Adding extra fats to your diet will increase your calorie intake, and hence your weight. The trick is to have omega 3 fats instead of fats you would normally use. Try switching your cooking oil to canola oil - the oil sprays are a good idea and help you to use less.

Linseed comes as whole seeds in the bulk bins in the supermarket. This is another good way to add omega 3 and is also an excellent source of fibre. Add a tablespoon of linseeds to your breakfast cereal in the morning. If you make home made muesli you can add linseeds to the mixture.

One other way of enjoying the benefits of omega 3 is to add more fish to your diet. Fresh fish and tinned salmon or sardines (in spring water) are excellent sources of omega 3 oils. Tinned tuna has the fat drained before canning, so is not as beneficial in omega-3 as tinned sardines or salmon.

### Using Lower Fat Milk and Dairy Products in Recipes

- Milk - use trim milk
- Butter - replace with smaller amounts of margarine or oil
- Mayonnaise - try using buttermilk or yoghurt
- Cheese - use edam or mozzarella. You could add a bit of a grated strong cheese such as parmesan to add more flavour
- If using Sour cream - use lite sour cream or quark
- If using Cream cheese - use lite cream cheese or ricotta

### Other Tips for Healthier Dinners

- Use filo pastry rather than other pastries
- Use stock, yoghurt or lite sour cream in soup to bring out the flavour
- Try using brown rice occasionally as it is higher in fibre. Cook it with a liberal dash of soy sauce in the cooking water and add pepper before serving
- Add vegetables to meals anywhere you can, in sauces, with mince, soups, pasta etc. You can disguise them by chopping very finely or even grating into pasta sauces.



# Goal Sheet

My Goals For this Fortnight are:

**Diet**

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**General Life**

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# DEWL - Diabetes and Weight Loss Study

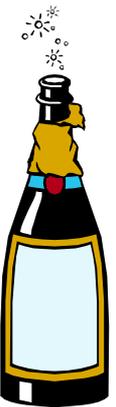
## Session 4

Topics to be discussed.

1. Review experiences
2. Label reading
3. Shopping

**Congratulations!**

You have completed six weeks of the DEWL Diet



## Food Labels

The huge number of foods available for us to eat can make it difficult when we are trying to lose weight as it can be difficult to assess if these foods are going to help or hinder us in reaching our goals. The ability to read food labels can help in this.

There are 4 items that are worth looking at, these are: fat, sugar, salt and fibre.

**Fat:** this contains 9 kcals per gram.



**Sugar (Carbohydrate):** this contains 4 kcals per gram.

**Salt:** High salt consumption, can cause high blood pressure, and can increase your risk of heart disease. On the food labels sodium also means salt.



**Fibre:** Fibre adds bulk to your diet, which will fill you up and help you to lose weight. It does not add kcals to your diet.

**While on the diet you can also look at total carbohydrate and protein -**

- 15g of carbohydrate = 1 carbohydrate portion
- 15g of protein = 1 protein portion

## Example of a food label.



### Example of a food label

<b>Nutrition Information</b>	<b>Per serve</b>	<b>Per 100g</b>
<b>Serving size:30g</b>		
Energy (kJ)	444	1480
(Cal)	106	354
Protein (g)	3.6	12.0
<b>Fat - Total (g)</b>	<b>0.4</b>	<b>1.3</b>
- Saturated (g)	<b>0.1</b>	<b>0.3</b>
Cholesterol (mg)	0.0	0.0
<b>Carbohydrate - Total</b>	<b>20</b>	<b>67</b>
- Sugar	<b>0.8</b>	<b>2.8</b>
<b>Dietary Fibre (g)</b>	<b>3.3</b>	<b>11.0</b>
Sodium (mg)	84	280
Potassium (mg)	102	340
Thiamin (mg)	0.55	1.83
Riboflavin (mg)	0.42	1.4
Niacin (mg)	2.5	8.3
Folate (ug)	100	333
Iron (mg)	3.0	10.0

### Tips:

- For snacks and foods you eat in small quantities at a time look at the label "per 100g", for all other foods look at "amount per serving" as well.
- Remember to check the total carbohydrate and protein quantity for the amount you are going to eat - or work it out using either column. In the above example, one serve of will give you 20g of carbohydrate and 3.6g of protein. This would be 1 carbohydrate portion.



## Shopping

You may find shopping for food a difficult time. There are lots of food cues about! The following suggestions may help you stay in control and keep to the diet.



-  Write a list of food you need to buy. Do not wander around the supermarket looking for extras. Try to go directly to the items you require and then leave when you have paid for your goods.
-  Try to avoid supermarkets with chocolate at the checkouts (if this is a problem) - there is always one aisle that only sells batteries and condoms!
-  Try not to shop when stressed, tired, angry or depressed.
-  Do not shop when hungry.
-  Where possible, avoid the cakes, biscuits and snack aisles or other foods you know you will find tempting.
-  Think of problem areas you may have experienced before and try to plan strategies for coping.
-  Go shopping with family or a friend if you think it would help.
-  Buy food that requires preparation
-  Don't buy more food than you need. Bigger packets may not be a bargain in the long run.

# Goal Sheet

My Goals For this Fortnight are:

**Diet**

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**General Life**

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# DEWL - Diabetes and Weight Loss Study

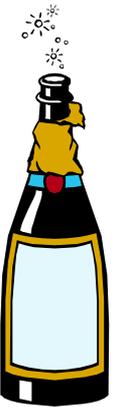
## Session 5

### Topics to be discussed.

- Review experiences
- Types of thinking
- Fibre

**Congratulations!**

You have completed eight weeks of the DEWL diet.



'Dichotomous Thinking' and 'Attitude Traps'

- Do you tend to think in black and white about your own success (e.g. 'either I lose at least a kilo every week or I have failed')
- Do you set yourself impossible goals and then inevitably fail and feel miserable about yourself?

It's likely that you do, since most of us tend to sometimes.

When you're trying to lose weight (or achieve any goals which you set yourself in life) these kinds of thoughts can be unhelpful and get in the way of progress. This is because they tend to make you feel bad about yourself and your efforts. Becoming demoralised is unhelpful, and often it is a product of the unrealistic, even perfectionist standards which we apply to ourselves, rather than reflecting our actual progress.

It can help to recognise when you're thinking this way, and to try and modify your thoughts to be more positive.

### **Your 'imperatives':**

Try and fill in the ends of these sentences with things you demand of yourself about being on this programme:

- ◇ I must...
- ◇ I must not...
- ◇ I will always...
- ◇ I will never...

Look at them and consider that you are quite likely to *fail sooner or later* if you have goals which are phrased in terms of **MUST, ALWAYS** or **NEVER** - because you are human!

Now fill the same goals in the spaces below. These have been given some alternative phrasing which makes them a more realistic way of stating the same goal.

The great thing about these is that they are *not* an inevitable route to feeling low about your progress, because they allow you to be human, whilst still working towards some sensible changes.

- ◇ My goal is to...
- ◇ I will attempt to avoid...
- ◇ I will try to...
- ◇ I will try not to...

This may seem a bit pedantic. It can seem that they are simply different ways of saying the same thing.

But see what a difference they make when it comes to assessing your progress...

### For instance

If your goal was '*never to eat chocolate*' ....and.... you eat one bar that was given to you as a present by a friend .....then..... according to the goal you set yourself, you are a failure.

If your goal was to '*try and avoid chocolate as much as possible*' ....and.... you eat one bar that was given to you as

a present by a friend ....then..... according to the goal you set yourself, you have succeeded, as you only slipped up once, for understandable reasons that you hadn't planned for.

**SO, CHECK ON THE DEMANDS THAT YOU MAKE OF YOURSELF. IF THEY CONTAIN THE WORDS MUST, ALWAYS OR NEVER, THEN TRY AND REPHRASE THEM MORE REALISTICALLY**

We all know the effect a few words of praise or criticism from someone important to us can make. It is worth asking yourself what are the messages you constantly give to yourself. These often go almost unnoticed, but they can have dramatic effects.

### **There are several kinds of thinking which can be unhelpful**

- **dichotomous (or black and white) thinking**

*"either I stick to my eating plan, or I've blown it completely, and might as well give up in disgust"*

- **catastrophising**

*"Oh no. I had a second helping so now all my good work for this week is undone!"*

- **Over-generalisation**

*"I ate that chocolate bar - I never have any willpower"*

- **Minimising the good things**

*"I've had a good day today, but it won't last, I know what I'm like"*

- **Magnifying the bad things**

*"I ate that pudding, that's just typical of me"*

# Fibre

## What is fibre?

Fibre is the collective term for the "stuff" in food that doesn't get digested. This includes all sorts of substances, including cellulose, pectins, gums, mucilages and lignin. These can then be re-classified into two groups: soluble and insoluble fibre.

## Soluble Fibre

Soluble fibre comes from pectin, guar gum, oat bran, psyllium husks, beans, legumes, fruit and vegetables. It is the soluble fibre in food that is fermented by the bacteria in the gut. This creates an energy supply for the cells that live along the gut wall and help in digestion. It also helps prevent bowel cancer by keeping the gut cells healthy, and binding cancer causing chemicals and excreting them. Soluble fibre adds bacteria to the stool, which increases stool size.

## Insoluble Fibre

Insoluble fibre is the wheat bran and lignin in the stems and seeds of fruit and vegetables. Insoluble fibre increases the stool bulk by incorporating water into its structure. This prevents constipation as it pushes the stool through the gut. It is the insoluble fibre that keeps you regular!

It is a balance of both insoluble and soluble fibre that keeps your bowel in perfect shape.

Always increase the amount of fibre in your diet slowly, increasing it quickly may result in diarrhoea, gas and discomfort.

Foods that may help in particular with constipation are:

- Linseeds
- Kiwi fruit and kiwi crush
- Psyllium husks
- Prunes

## Fibre Counter

Aim for 25-30g fibre daily

FOOD	FIBRE	FOOD	FIBRE
BREAD (1 slice)		BISCUITS/CRACKERS (each)	
White	0.7	Digestive with fruit	0.5
Fruit	2	Plain biscuit	0.3
Wholegrain	1	Crispbread	0.7
Wholemeal	1.6	Bran muffin	6
Oatbran	1.3	VEGETABLES	
White roll	1.6	1 cup broad beans	11
Wholegrain roll	3	1 cup green beans	3
Wholemeal roll	4	1 cup haricot beans	11
BREAKFAST CEREALS		1 cup broccoli	5
1 cup cornies/ricies	1	5 brussels sprouts	2
1 cup porridge	2.1	1 cup cabbage	2
1 cup puffed wheat	1.7	1 cup carrots	4
1 weetbix	2.4	1 cup raw celery	2
1 cup all bran	15	1 cup lentils	4
1 cup muesli	12	1 cup lettuce	0.4
CEREALS		1 cup corn kernels	8
1 cup oat bran	15	1 corn cob	3
1 cup wheat germ	15	1 kumara	3
1 cup bran	28	1 cup mixed veges	5
1 cup rolled oats	8	1 cup mushrooms	0.7
1 cup barley	5	1 parsnip	6
1 cup white rice	3	1 cup peas	8
1 cup brown rice	4	1 cup mashed potato	4
PASTA		1 potato with skin	2
1 cup cooked pasta	1.4	1 cup pumpkin	2
FRUIT		1 cup silverbeet	6
1 medium fresh	2	1 cup spinach	4
1 cup stewed	3-6	1 raw tomato	1.5
1 cup dried	7-10	1 cup watercress	0.5
10 prunes	5	1 cup kidney beans	11
10 dried apricots	3	1 cup bean salad	7
3 figs	4	NUTS	
1 kiwifruit	2	½ cup nuts	4-6
SNACKS		2 tbs sesame seeds	3
1 cup popcorn	2	2 tbs sunflower seeds	3

# Goal Sheet

My Goals For this Fortnight are:

**Diet**

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**General Life**

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# DEWL - Diabetes and Weight Loss Study

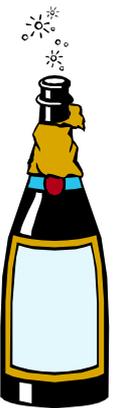
## Session 6

### Topics to be discussed.

- Review experiences
- Dealing with pressures to eat
- Drinks

## **Congratulations!**

You have completed ten weeks of the DEWL diet.



## Dealing with the pressures to eat

You may find it difficult sometimes to cope with the social pressures to eat. As well as dealing with your own hunger and cravings, you may find that many people including friends, relatives and even strangers may encourage you to eat, and often make poor decisions about what to eat.



There are a number of reasons for this:

### THEY

- may feel they're being helpful, having tried to lose weight, or had a close friend or family member attempting to lose weight.
- may be uncomfortable eating alone in front of you.
- may be secretly jealous of your success (maybe unconsciously), especially if they have trialed a similar diet in the past and failed or had minimal success.
- may not want you to succeed (again maybe unconsciously)
- think you are starving or making yourself ill.
- want to test your determination.



You will probably come up against many complicated interpersonal situations whilst trying to lose weight or maintain weight, and it helps to have some strategies to help you deal with them.

### For example

- Your child may offer you food that is not within your meal plan.
- A friend may eat in front of you.

You can think of these as being “problems” and it will therefore be helpful to take a *problem solving approach* to these situations.

**The problem solving approach has 2 main elements:**

- 1. Analyse the problem**
- 2. Respond positively and assertively**

### **Let's look at an example**

You come home and are feeling tired. You find your partner has left a plate of chocolate biscuits out in the kitchen. You feel annoyed and upset at his thoughtlessness. You feel tempted to eat them.

At this point, there are several things you could do. Let's use a problem solving approach...

#### **1. Analyse**

- Stop and think about the problem
- List the all the options you think you have, however difficult

#### **My options are:**

- eat the biscuits
- throw them out
- go and talk to my partner
- go for a bath

**Think how each of these responses would make you feel.**

## 2. Respond assertively

This means an honest and appropriate expression of your feelings, while respecting other peoples right to fairness and respect. For instance, in the example given above, you could:

- Tell your partner that it is easier for you, if he puts the biscuits away.
- Explain you would find it easier to follow the diet if there were no biscuits in the house and that you are going to stop buying chocolate biscuits all together

When others pressure you to eat, when you don't want to, stand up for yourself and refuse. The polite approach works best.



***BE POLITE BUT FIRM***

## Drinks



*About 55 to 60% of  
Your*

### Body Weight is Water

#### Many Factors Influence Body Water

- Some medications can make you gain or lose water
- The amount of fluid in your diet from food and drinks
- Your exercise level
- Weather – more is lost on hot days
- Your menstrual cycle

#### Some Fluids Can be Dehydrating

- Strong Coffee and Tea
- Energy Drinks e.g. 'Red Bull' 'V'
- Coke, Pepsi, Mountain Dew
- Alcohol

### Signs of Dehydration

1. Small amounts of dark urine
2. Headache
3. Dizziness
4. Fast, weak pulse

#### What Type of Fluids are Best?

- Water !
- Milk
- Dilute Fruit juice
- Herbal or Fruit tea
- Weak Tea or Coffee
- Decaffeinated tea or coffee

## Water Storage

Our body can't store large amounts of fluid

We retain more fluid if we don't drink regularly

#### How Much Should I Drink?

- 6 – 8 glasses (about 2 litres) a day
- More during hot weather or if exercising

#### Amount of Water in Food

Crackers	4%
Cheddar cheese	38%
Chicken	65%
Milk	87%
Watermelon	97%

#### Add Zest to Water by Adding

Lots of ice  
Lemon or Orange slices  
Fresh Mint  
Strawberries  
A dash of lime

### Confusing Hunger With Thirst

You may feel hungry when you are dehydrated because food will give some extra fluid. Eating is not the best way of giving our body fluids. If you are thirsty drink first then decide if you are still hungry.

# Goal Sheet

My Goals For this Fortnight are:

**Diet**

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**General Life**

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# DEWL - Diabetes and Weight Loss Study

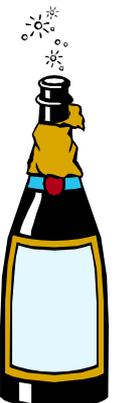
## Session 7

### Topics to be discussed.

1. Review experiences
2. Special occasions
3. Fruit and Veg

**Congratulations!**

You have completed 12 weeks of the programme.



## Dealing with Special occasions

As you will have already discovered, it is much easier to keep in control of your eating in your everyday environment, and when it comes to holidays, parties and special occasions it can be much harder. Experience has proved that the trick is to be prepared as much as you can for any event that is not part of your normal eating routine.

There are many ways to enjoy the occasion and stay in control.

- **Plan ahead**

Think about things beforehand and consider what you are likely to eat when you are out. Consider how you will have control over your food selection and the pressures from other people to eat.



- **Eat before you go**

Try to have something to eat before you go to the party. For example have a slice of toast, a bowl of cereal or a diet yoghurt so that you are not ravenously hungry when you arrive.

Don't go to parties when you are hungry; try to fill up on something light before you go. It's the same principle as never shopping for food when you are hungry.

- **Be careful with buffet meals**

Be very careful with buffet meals. Survey the whole choice available first and then choose the food you would like and put it on a plate. Try not to return to the buffet table.



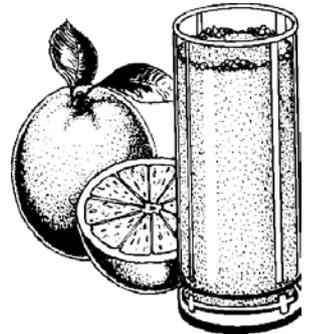
- **Be the slowest eater**

Try to eat slowly; be the last to start eating and the last to finish. Put your cutlery down between mouthfuls. Talking also helps!



- **Drink with your meal**

Drink plenty of water or other calorie free drinks with your meal. This will help fill you up.

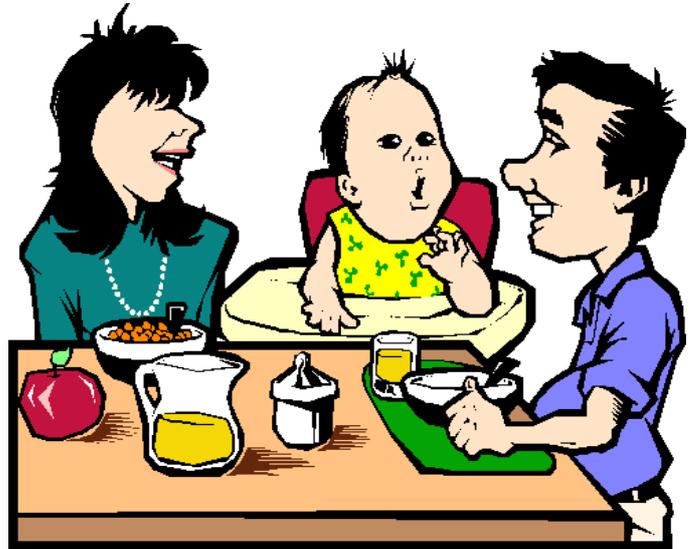


**Alcohol is an appetite stimulant;** it also removes inhibitions and can undo your best made plans. Moderate your intake and try alternating non-alcoholic beverages, or diluting the alcohol with a mix of soda water. Tomato juice is a good low calorie drink.

## Restaurants

Trips to restaurants can be difficult. In a restaurant it may be hard to control

- The foods you choose
- The amount you eat



It is hard to be virtuous at restaurants, but you may wish to consider the following tips.

- ◆ Order from a la carte menu; order what you want and not set menus
- ◆ Avoid those hidden extra calories in salad dressing, rich sauces etc.
- ◆ Restrict the amount of alcohol you drink ; it has calories that don't fill you up and lower your self control
- ◆ Try drinking more water with your meal
- ◆ Beware of the bread basket and the butter dish. Have the bread but not the butter.
- ◆ Be wise with desserts; is there a fruit alternative?
- ◆ **Watch your emotional response:** If you do eat more than you plan be careful not to consider it a catastrophe

## Most importantly...

### Keep a perspective

With all unusual situations, it's important not to panic if things don't go according to plan. By their very nature, such occasions don't occur very often, so even if you have overeaten, it's not a disaster.

There are some occasions where it might be unrealistic to hope to be able to resist all temptation to overeat. Christmas is a classic example. It is perfectly normal to overeat a little at Christmas. Most people do.

What is most important is the attitude you take towards any lapses and how quickly you are able to return to better habits once the festivities are over.

Extra exercise sessions can be helpful in getting back on track, and are better than attempting to cut back your intake.



**One lapse is not going to undo all your hard work. What you do following the lapse is the most important thing.** Try to get back to your normal food plan as quickly as possible. Above all, try to remain positive; **do not panic.**

## Fruit and Vegetables

Fruit and vegetables are very important components of our diet.

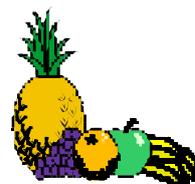
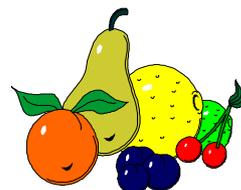


It is important that you try and have at least 2 servings of fruit and 3-5 of vegetables a day.

Does this seem a lot to you?

### Importance of fruit and vegetables:

- They taste great and add enticing colours, textures and flavours to meals and snacks.
- They are packed full of vitamins, minerals and bio-active compounds called "phytochemicals"- all vital for good health.
- Diets rich in fruit and vegetables help protect against the main killers, coronary heart disease and cancer. They could decrease your cancer risk by 20%.
- They provide dietary fibre.
- They are low in fat and calories, so eating plenty as part of a balanced diet can help us stay in shape.



## Phytochemicals - where do you find them?

Food	Phytochemical	Benefit
Broccoli	Sulphoraphane	Stimulates cancer cell destruction
Brussel sprouts	Sinigrin	Suppresses pre-cancerous cells
Apples, onions, citrus fruits, berries	Flavonoids	Antioxidants (protect cell membranes, lipoproteins and DNA from oxidative damage)
Green, red and orange fruit and vegetables	Carotenoids e.g. lycopene, lutein	Antioxidants
Garlic, onions	Allylic sulphides	Stimulate cancer cell destruction
Berry fruits	Ellagic acid	Deactivates carcinogens
Soya beans, lentils and other pulses	Isoflavones	Inhibit cancer cell growth, act as antioxidants, lower blood cholesterol.

## What counts as a Serving?



Medium fruit eg apple, orange, pear	1 fruit
Very large fruit e.g melon, pineapple	1 large slice
Small fruit e.g plums, apricots	2 fruits
Grapes, berries	1 cupful
Fruit salad, stewed or canned fruit	1/2 cup
Dried fruit	1 tablespoon
Fruit juice	1 glass (150 ml)
Salad	1 dessert bowlful
Vegetables - raw, cooked, canned, frozen	1/2 cup

A serving is approximately 80g edible produce or roughly the amount that fits in the palm of your hand.

## Food Diaries

Keep up your food diary, this is a great tool to keep you on track!



*Try to record everything the moment you eat  
it*

# Goal Sheet

My Goals For this Fortnight are:

**Diet**

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**General Life**

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# DEWL - Diabetes and Weight Loss Study

## Session 8

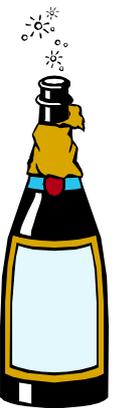
### Topics to be discussed.

- Review experiences and problems
- Takeaways
- Meal Ideas
- Calcium and Iron

## **Congratulations!**

**You have completed 14 weeks of the programme.**

Has this been easy or have there been some difficult times? How have you managed those difficult times? Discuss these in the group and remind yourself of the ways that you can deal with food cues and pressures to eat.



### **Takeaway Options:**

	Lower Fat Options	Higher Fat Options - choose only occasionally:
Chinese	Vegetable dishes, steamed rice, noodles, small amounts of meat, chicken, fish. Soups and steamed dishes.	Fried rice, fried noodles, wantons, fried spring rolls, sweet and sour pork.
Japanese	Sushi, sashimi	Tempura and teriyaki
Thai/Cambodian	Steamed rice, fish cakes, satay, vegetables. Phad Thai.	Coconut cream based curries
Burgers	Hamburger with a grilled meat patty, fresh bun, lots of salad.	Hold the mayo! Avoid fried meat, cheese and bacon.
Chicken	BBQ chicken places, chargrilled, rotisserie, kebabs.	Avoid deep fried, battered chicken, chicken nuggets and wings
Mexican	Tortillas, enchiladas, burritos, tostadas and bean dishes	Avoid nachos, corn chips, sour cream and cheese
Indian	Tandoori, vegetables, dahl, tomato-based curries. Plain roti and chapati.	Watch for cream and coconut cream based dishes (korma and marsala)
Pizza	Vegetarian and seafood pizza, ask for less cheese	Avoid salami, sausage, bacon extra cheese toppings
Middle Eastern	Doner kebabs, lean meats and plenty of salads. Chilli and yoghurt sauces. Tabouleh, hummus and rice.	Salad dressings and mayonnaise
Fish	Grilled, BBQ, baked fish. Seafood such as mussels and oysters.	Avoid battered and deep fried!
Salad Bars	Pasta, rice, vegetable, fruit salads	Mayonnaise, sour cream.
Potatoes	Baked potatoes, oven bake chips (in oil), oven bake wedges.	Hot chips, French fries, fried wedges
Italian	Pasta with tomato based sauce, vegetables, seafood, lean meat or chicken.	Cream sauces, cheese sauces.
Sandwiches	Wholemeal or wholegrain breads, rolls, pita bread. Use lean meat, chicken, fish and salad fillings. Subway sandwiches – low fat.	Luncheon, salami, high fat cheese, pate.
Pies	Potato top with lean meat, self crusting quiche, vegetable pie	Too much pastry, high fat pies, sausage rolls, cheese.

## Meal Ideas:

### Desserts:

- Fruit based: fruit crumble, fruit salad, frozen berry whip, poached pears
- Milk based: low fat custards, semolina with fruit

### Vegetables:

- Steamed, stir fry, roasted
- Try new vegetables - share recipes for more unusual vegetables

### Breakfasts:

- Bircher muesli
- Smoothies
- Oat pancakes
- Berries and poached fruit
- Rye bread

### Grains:

- Couscous (1/2 cup cooked = 1C)
- Quinoa (1/4 cup cooked = 1C)
- Tabbouli (bulgur wheat) (1/2 cup cooked = 1C)
- Polenta (1/2 cup cooked = 1C)

## Calcium from Non-Dairy Sources

It is possible to get enough calcium from non-dairy sources in a balanced diet. The following list details foods containing calcium that is well absorbed by the body.

High calcium content	Medium calcium content
Tinned fish with bones eg sardines	Tofu
Muesli	Baked beans
Fortified soy milk	Mussels
Parsley	Dates
Watercress	Almonds
Broccoli	Bread
Nori (seaweed used in sushi)	
Oysters	

While spinach and rhubarb are high in calcium they contain natural binders which prevent the calcium from being absorbed in the body.

Look for calcium fortified breakfast cereals, soy milk and orange juice.

The way Asians have increased their calcium intake for years has been through soup stock. When you make stock from the meat bones, crack them first and soak them in vinegar. The calcium leaches out into the acid. Then boil them as normal for

stock and the vinegar boils off, leaving a calcium rich liquid. Use this stock for soups, stews, or cooking rice in.

### Iron Without Meat

While meat, especially red meat, is the richest source of iron, it is possible to have an adequate iron intake from plant foods. Your body will absorb more iron from the foods you eat, when it needs more iron. This means that while the foods you eat may contain iron in a poorly absorbed form, your body compensates for this by absorbing more of it than usual.

You can increase the amount of iron absorbed by including foods containing vitamin C with your meal. This includes oranges and citrus fruits, fruit juice, kiwifruit, tomatoes, berries, capsicum, broccoli and cauliflower.

Plant sources high in iron:

Higher content per serve	Medium content per serve
Tofu	Potato and Kumara
Baked Beans (Kidney beans)	Spinach
Porridge	Beetroot
Green peas and beans	Parsley
Weetbix	Wholegrain bread
Eggs	Prunes
Dried apricots	Peanut butter
Chickpeas	Sunflower seeds

Iron fortified foods:

Look for an iron fortified breakfast cereal, Milo and marmite.

There are also ways to reduce the amount of iron that is bound by other food chemicals. One easy way is never to have tea or coffee with meals, have water or fruit juice instead.

# Goal Sheet

My Goals For this Fortnight are:

**Diet**

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**General Life**

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# DEWL - Diabetes and Weight Loss Study

## Session 9

### Topics to be discussed.

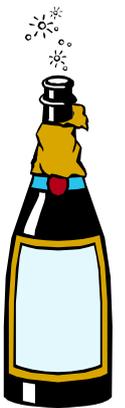
1. Review experiences and problems
2. Herbs
3. Reminder about fruit and vegetables
4. Stress
5. Goals

## **Congratulations!**

**You have completed 16 weeks of the DEWL programme**

You are now well into the weight maintenance phase of the programme and will be having to work hard to reinforce the behavioural changes you have made during the weight loss period in order to keep your weight off.

How have you been managing?



## Uses of Culinary Herbs

Have you ever wondered exactly what you should do with that herb plant you were given? Herbs are a great source of flavour in dishes, if you know what to team them up with. Herbs are low in fat, salt and sugar and additive free, hence they are a fantastic way to make your food tastier without adding unwanted ingredients. Here are some suggestions:

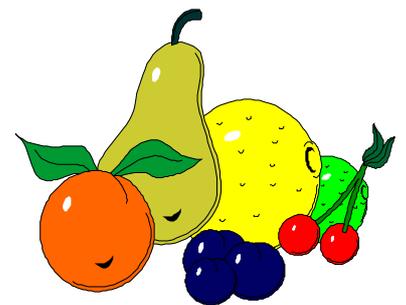
<b>Culinary Herb Uses</b>	
<b>Herb</b>	<b>Some Uses</b>
Anise	Pork, chicken, fish, stews, beverages, stewed fruit. Seeds in baked goods.
Basil	Tomatoes & tomato dishes, vinegars, rice, eggs, meats, duck, salads, vegetables.
Chive	Salads, stews, appetizers, vegetables, yogurt, & sour cream sauces (made with lite versions).
Dill	Fish & fish sauces, cottage cheese, breads, beets, cucumbers, cauliflower, brussels sprouts, salads.
Fennel	Tomato dishes, eggs, fish, marinades for meats, carrots, pickles, breads & baked goods.
Marjoram	Stews, soups, meats, tomato dishes, vegetables, eggs, breads, French dressing.
Mint	Salads, tea, potatoes, scallops, sauces, lamb, fruit.
Oregano	Italian tomato sauces, barbecue sauce, soups, eggs, cheese, pork, vegetables, salad dressings.
Parsley	Tomato sauces, fish, meats & poultry, soups, stews, vegetables.
Rosemary	Lamb, pork, vegetables, chowders
Sage	Fish, meat, poultry stuffing, chowders, soups, tomatoes.
Savory	Pork, chowders, stews, fish, eggs, salads, beans, biscuits.
Tarragon (French)	Eggs, yogurt & sour cream dishes, meat, asparagus, beans, cucumbers.
Thyme (Lemon or English)	Stews, fish, meat, poultry, eggs, stuffings, bread, biscuits, lima beans, broccoli, onions.

## Reminder About Food Labels

- From paying attention to food labels, what have you noticed?
- Have you found reading food labels easier since we discussed them?
- Have you found food labels useful in helping you to make healthy choices?
- Now that you have been looking at food labels more closely, are there any questions you have about the information on them, or particular products that you are unsure about?

## Reminder About Fruit and Vegetables

Fruit and vegetables are very important components of our diet. Do you remember them being featured on the plate model? It is important that you try and have at least 5 servings of fruit and vegetables a day.



Look back through your food diaries, and count how many servings of fruit and vegetables you had on average a day.

Total that you counted over a week .....

Divide by seven to find daily average .....

Do you need to eat more fruit and vegetables?

YES

NO

Do you think it might be helpful to increase the variety of fruit and vegetables in your diet?

YES

NO

By now you have probably made a number of changes in your diet, and when you compare food diaries (the diaries you are keeping for your own records) from now with food diaries from when you started the programme, they may well look quite different.

### Stress



Most people are aware of the stress response 'fight or flight'. This involves a large and sudden increase in the blood supply to the muscles and an increase in metabolism, heart rate, blood pressure and respiratory rate. It also slows stomach and gut movement and releases sugar into the blood stream. We might expect from these changes that stress should suppress hunger and eating.

However, some people when confronted with stressful events, respond with inappropriate eating behaviours. This is the so-called stress-eating relationship. It is important to address this stress-eating relationship if you are to achieve your weight maintenance goals.

One technique is stress dis-inhibition. When faced with a stressful situation, learn to react by doing something other than eating; for example, go for a walk. This has already been discussed in previous visits and is now reinforced.

Another useful technique is "relaxation".  
There are two main components:

- Mentally focus on a repetitive word, phrase, sound, prayer, image
- Passive ignoring: Maintain a passive attitude to intrusive thoughts

Once you feel happy that you can control the stress response, try imagining a stressful situation and practise the response.



# Goal Sheet

My Goals For this Fortnight are:

**Diet**

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**General Life**

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# DEWL - Diabetes and Weight Loss Study

## Session 10

### Topics to be discussed.

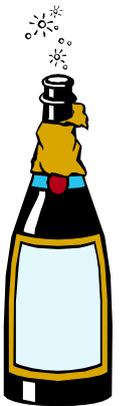
1. Review experiences and problems
2. Shoulds and wants
3. Sweeteners

## **Congratulations!**

**You have completed 18 weeks of the DEWL Programme.**

You are now well into the weight maintenance phase of the programme and will be having to work hard to reinforce the behavioural changes you have made during the weight loss period in order to keep your weight off.

How have you been managing?

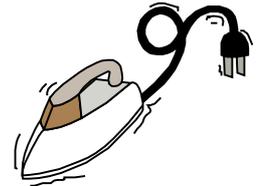




## Shoulds and Wants

We have discussed problem solving in previous sessions - the importance of **analysing** a problem and **responding** constructively and assertively.

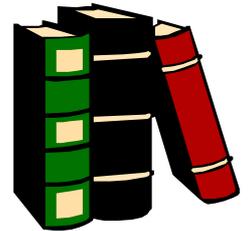
Doing things that you enjoy is important in achieving a balance in life. Make sure that you have some leisure time in your life - don't let it fill up with duties, work and chores.



Balance your **WANTS** with the **SHOULDs**.



Helping to keep the balance between 'shoulds' and 'wants' will help you stay in control and help you change your eating habits in the long term.



Think about your daily life. Try to ensure that you have at least three 'wants' each week. How much of it is taken up with things you feel you should be doing, and how much time do you allow for the things you actually want to be doing?



Look at the table on the next page and fill in the two columns. (This is your task for next time)

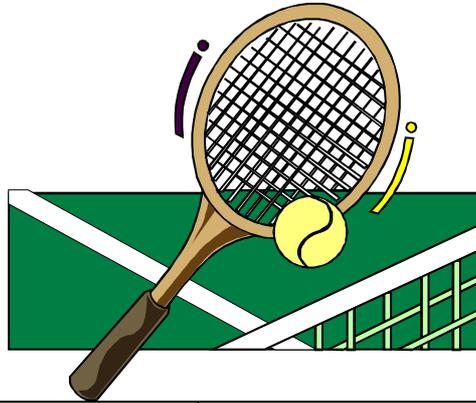


Use one colour for what you are actually doing at the moment. Then check out the balance of shoulds and wants.





Then use another colour to redress the balance if you have more shoulds than wants.



<b>WANTS</b> The things you 'want' to do - enjoyable hobbies, sports, reading, etc.	<b>SHOULD</b> The things you 'should' do - going to work, shopping, cleaning, etc.

# Goal Sheet

My Goals For this Fortnight are:

**Diet**

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**General Life**

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# DEWL - Diabetes and Weight Loss Study

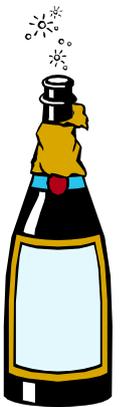
## Session 11

Topics to be discussed.

- 1) Review experiences and problems
- 2) Alcohol

**Congratulations!**

You have completed 20 weeks of the DEWL Programme.



## Alcohol

Alcohol is a complex substance, it tastes good, is socially acceptable and may prevent heart disease, but it is also addictive, promotes weight gain and drinking in excess is anti-social. And alcohol affects diabetes control and blood glucose. So how do we balance it?

### The Pros:

- 1-2 glasses of wine (especially red wine) several days a week seems to decrease the risk of heart disease. This is because it increases HDL levels (good cholesterol) and provides antioxidants which help to keep the arteries flexible.
- Alcohol in moderation (1-2 glasses) is also easily managed when you have diabetes by making sure you eat at the same time, and monitor your blood glucose level.
- 1-2 glasses of wine refers to standard serves - this equates to 120ml of wine per glass

### The Cons:

- Alcohol is addictive - managing your intake so that it is moderate is important and may be difficult for some people. Some people are better not to drink at all.
- People who regularly drink 3 or more drinks per day have a higher chance of death from accidents, strokes and cancer.
- Heavy drinking can cause high blood pressure, liver damage and can interact with medications.
- Heavy drinking can lead to hypoglycaemia in those using insulin or sulphonylurea tablets.

So - drinking in moderation can be beneficial, but make sure your intake is safe!

# Goal Sheet

## Diet

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## General Life

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# DEWL - Diabetes and Weight Loss Study

## Session 12

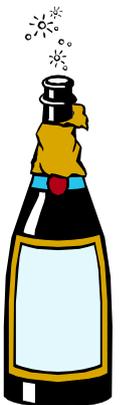
### Topics to be discussed.

- 1) Review experiences and problems
- 2) Maintaining your weight in the long-term
- 3) Preventing lapses
- 4) Salt
- 5) Questionnaire

## **Congratulations!**

**You have completed 22 weeks of the DEWL Programme.**

In this session we want to remind you of the things we have discussed over the last 22 weeks of the programme. From now on, these sessions are only once a month.



Over the last 22 weeks did you:

	Yes	No
Have any lapses?	<input type="checkbox"/>	<input type="checkbox"/>
Continue to use your food diary?	<input type="checkbox"/>	<input type="checkbox"/>
Been able to achieve your goals?	<input type="checkbox"/>	<input type="checkbox"/>

### Maintaining Your Weight Loss in the Long term

As we discussed throughout the programme, to maintain your weight loss you need to think about your eating habits and the food related behaviour you had before you started the programme.



*If you go back to eating as you were before the programme, you will end up back at the same weight.*

Think of all the things you have changed and are still changing:  
Write them in here to remind yourself.

- \* The kinds of food. I have changed...
- \* The amount of food. I have changed...
- \* Eating habits. Now I ...
- \* Shopping. Now I ...

- ✿ Exercise and Activity. Now I...
- ✿ Snacks. I have changed...
- ✿ Solving problems without turning to food.. Now I...

### Benefits of weight loss

Broadly speaking, there are 2 main benefits of losing weight. These are

1. **HEALTH RELATED BENEFITS** such as :

- Less breathlessness and strain on the heart
- Lowering of blood pressure and cholesterol
- Increased mobility and less painful joints.



2. **COSMETIC BENEFITS** such as:

- Buying sizes of clothes that you may not have been able to fit before
- Feeling more positive about your appearance.

List the main benefits you have experienced from your weight loss.

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## Preventing lapses

How are you managing to prevent lapses?

Looking back over the last few months, you should now be able to identify the times when you are at the highest risk of returning to your old eating habits.

- ◆ Is it when you have certain feelings, like loneliness or frustration?
- ◆ Is it when you have to deal with some person or event?
- ◆ Is it when you think back about your life or your weight?
- ◆ Is it when someone offers you food?

List your "at risk" times/situations : **(Your task)**

1	
2	
3	
4	

If you are aware of these risky situations and the strong urges that cause you to eat, then you can plan ahead.

Outlasting the urges is easier said than done, but the rewards are high if you succeed. An urge will usually go away if you can just wait. If you can outlast enough urges they will fade and become insignificant.

Simply waiting may be all that you need.

In some circumstances urges can be stronger and more difficult to deal with. It is here that a list of alternative activities is helpful.

You made a list of ways that you could use to help avoid lapses during session 8. Review this now.

- ✻ How well have they worked for you?
- ✻ Can you think of other ways that might be helpful for you?

### Self Monitoring

We have encouraged you to use a food diary throughout the programme. It is known that the people who are most successful at losing weight and maintaining weight loss are those who are able to monitor and adjust their food intake over the long-term. We encourage you to continue to use the food diary over the next six months. You are now well aware of the sorts of food and amounts of food that you need to be eating, from the experiences you have had over the last six months. Filling out a food diary at intervals will allow you to make a check on yourself and readjust if you need to.



## Salt!

Salt accounts for about 90 percent of our sodium intake. Of this, about 65 to 70 percent comes from the salt used in processed food. The salt we use from the shaker can add an extra 20 percent. But sodium doesn't come only from salt - it occurs naturally in foods and it's also in our diets from additives such as sodium bicarbonate and monosodium glutamate (MSG).

For many people, eating too much sodium may lead to high blood pressure. It's known that one in five Kiwi adults have high blood pressure. But what about the rest of us? Many New Zealanders just don't know what their blood-pressure levels are.

Blood pressure increases progressively with sodium intake. The effect varies with age, and the greatest effect is found among older adults. If your blood pressure stays high for a long time, it can greatly increase your risk of heart disease and strokes.

The Ministry of Health recommends a range of daily sodium intakes. The maximum recommended daily limit you can consume, as an adult, without increasing your risk of high blood pressure is 2300mg. A mere 920mg is adequate for good health. Children need less sodium because of their lower body weight.

We're consuming way more than that, according to the last Total Diet Survey, for all groups except females older than 25 years, the average daily sodium intakes in the diets exceeded the maximum limits. In the diet for males aged 19 to 24, sodium intake was 157 percent of the adult recommended limit (2300mg).

For packaged foods, sodium must be listed (in milligrams) in the nutrition information panel. To work out how much salt is in a product, multiply the sodium content by 2.5. If a food contains 1200mg sodium, it contains about 3000mg (3g) salt. One teaspoon of salt weighs about 6g.

Serving sizes vary - so when you're comparing products use the "per 100g" figure. Low-salt foods must have no more than 120mg of sodium per 100g.

(excerpt from Consumer magazine)

# Goal Sheet

## Diet

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## General Life

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## **Session Eleven:**

- Alcohol – discuss the alcohol culture that many people live in and how it affects us. It is not uncommon for business people to be in situations several times a week involving heavy alcohol use – functions, entertaining clients, work lunches, shouts etc. Males in particular may have a weekly alcohol consumption in excess of 20 units. A binge is defined as more than 4 units in one time period (eg evening, afternoon). Discuss ways of reducing alcohol consumption at functions and over a week e.g. drink non-alcoholic drinks, be sober driver, light beer etc. Discuss the impact alcohol has on weight. The alcohol page in the participants manual will be useful here, and use the standard wine glass to illustrate.

## **Session Twelve:**

- Discuss the material on lapses and the benefits of weight loss
- Salt – ask people to estimate their salt intake each day. Do people use it in cooking and/or on food? Discuss the difference between iodised salt and other types eg rock salt. Go through these “salt myths” – ask the question with true or false and then read the answer!

### **Salt myths**

#### **I don't add salt to my food, so I can't be eating too much sodium**

About 65 to 70 percent comes from processed food such as cereals, bread, sauces, and processed meats and sodium also occurs naturally in foods. So, before you assume you don't eat much salt, take a look at what you're buying.

#### **Food has no flavour without salt**

If you're used to salty foods, you may miss it when you first cut down. But our taste buds get used to eating less salt in a few weeks - so then you'll enjoy food with less salt. To add flavour, you can also replace salt with lemon juice, herbs and spices.

#### **Only older people need to watch their salt intake**

Eating too much salt at any age can raise your blood pressure. It's true you have less of a risk of heart disease or strokes if you're younger. But if you have high blood pressure when you're young, you're at greater risk of these problems.

#### **Sea salt and other designer salts are better for you than regular table salt**

Salt is made up of sodium and chloride. It's the sodium in salt that can raise your blood pressure. It doesn't matter how expensive it is, where it's from, or whether it's in grains or flakes - it still contains sodium.

**If I cut back on salt I won't have enough**

It's actually very difficult to eat too little salt. It's in so many ready-to-eat foods such as bread, cereals, sauces, and crackers.

**I'm keeping my iodine levels up if I eat salt**

That's only true if you use iodised salt in cooking or add it to your food. Most of our sodium intake comes from processed food, which doesn't contain iodised salt.