

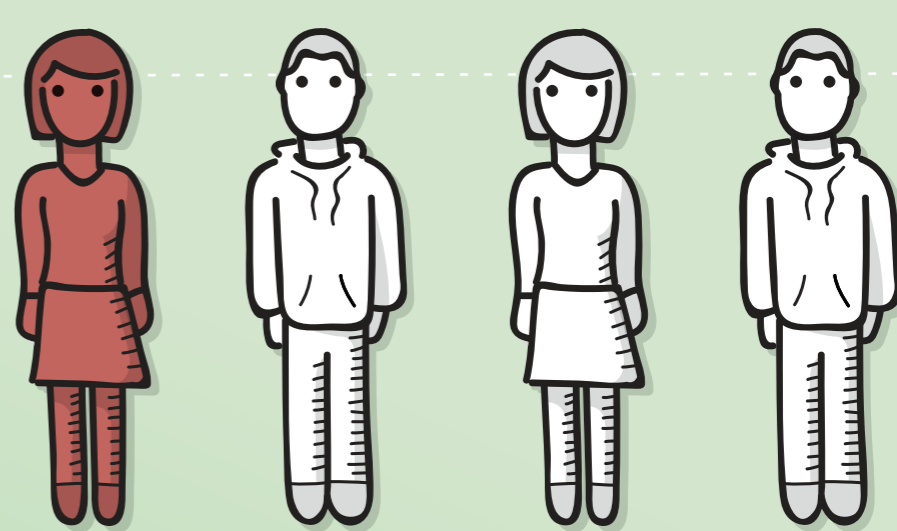
STOP TYPE 2 DIABETES IN ITS TRACKS

Support your patients with pre-diabetes to make positive lifestyle changes

2 MILLION

Australians are living with pre-diabetes

That's **1 in 4** people over the age of 25



PATIENTS WITH PRE-DIABETES HAVE EITHER, OR BOTH:



IMPAIRED FASTING GLUCOSE

6.1 - 6.9 mmol/L after fasting for 8 hours



IMPAIRED GLUCOSE TOLERANCE

7.8 - 11.0 mmol/L 2 hours after an Oral Glucose Tolerance Test

58%

of new cases of type 2 diabetes can be prevented

CHOOSE A BALANCED DIET

INCREASE PHYSICAL ACTIVITY

ACHIEVE AND MAINTAIN A HEALTHY WEIGHT

CHOOSE A BALANCED DIET



Enjoying a **wide variety** of nutritious food is associated with a reduced risk of chronic disease

Milk, cheese and yoghurt

are not linked with development of type 2 diabetes



INCREASE PHYSICAL ACTIVITY

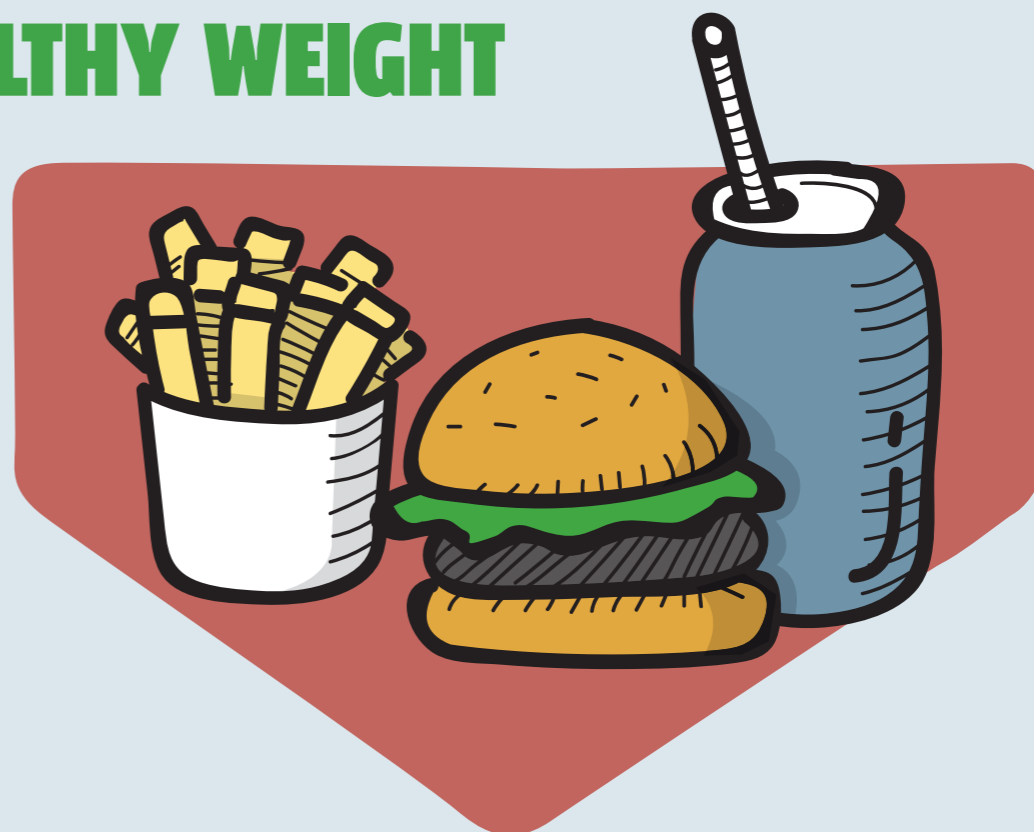
Aim for at least **30 minutes** on most, if not all days of the week

ACHIEVE AND MAINTAIN A HEALTHY WEIGHT

5-10%

reduction in overall body weight can prevent type 2 diabetes in nearly

6 out of 10 patients



Limit discretionary foods to help achieve weight loss goals

Refer patients to an Accredited Practising Dietitian for tailored dietary advice.

To find out more go to foodsthatdogood.com.au

FOODS THAT DO GOOD

LEGENDAIRY Dairy Australia