

The CSIRO and Baker IDI Diabetes Recipe Book

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Extract

Introduction

If you have type 2 diabetes, you are not alone. More than 1.5 million Australians have diabetes, and more than twice that number are likely to develop diabetes in the next five to ten years.

The good news is that type 2 diabetes can be controlled so you can lead a normal life. The right eating plan, regular exercise and, where necessary, diabetes medication, can make all the difference.

In our first book, *The CSIRO and Baker IDI Diabetes Diet and Lifestyle Plan*, we provided a comprehensive approach to managing type 2 diabetes – from both a medical and a lifestyle perspective. That book is an essential companion to this publication – it is a 'must have' as an important information resource. This book focuses on the eating plan and provides many new and delicious recipes. We have particularly focused on higher protein recipes, as the research shows this approach may achieve better blood sugar control.

Although it is commonly believed that the diet for managing diabetes requires you to give up all the foods that you enjoy, these recipes will show that is not necessary. In fact, if you look at the daily core food allowance (see pages 12–13), you will notice that these foods are what everyone around you will be enjoying – it is the portion size that counts!

To keep your approach to a healthier lifestyle with diabetes simple, aim to:

1. Improve the quality of your diet, by including the suggested portions of fruit and vegetables, fibre-rich wholegrain cereals, low-fat dairy and by replacing animal fat with monounsaturated and polyunsaturated oils, nuts and spreads.
2. Stop weight gain, and, if you are overweight, you can use these recipes in conjunction with *The CSIRO and Baker IDI Diabetes Diet and Lifestyle Plan* to help you lose weight.
3. Be as active as possible at work and at home. Go for a walk of at least 30 minutes every day, lift some weights or stretch some bands. Don't sit down in front of the computer or TV for hours without having frequent breaks.
4. Don't smoke.
5. Follow the instructions of your doctors and healthcare team. Take all prescribed tablets and injections, and see your doctor at least twice a year for blood tests and blood pressure checks.
6. See your eye doctor, see a dietitian, have someone look at your feet regularly and have a urine test every year. Good control of your sugar levels should prevent complications in these areas from arising. Check your sugar levels regularly if your doctor has asked you to do this.

Although both type 1 and type 2 diabetes have strong genetic links, paying attention to your diet, weight and exercise patterns can make an enormous difference to your blood sugar, blood cholesterol and blood pressure levels, and keep you well and active.

The CSIRO and Baker IDI Diabetes Recipe Book works in conjunction with *The CSIRO and Baker IDI Diabetes Diet and Lifestyle Plan* to provide you with over 115 healthy, incredibly satisfying and tasty recipes using everyday foods that even those without diabetes will enjoy.

