

A guide to healthy eating

Enjoying a variety of healthy food will give you more energy and help you to achieve a healthy body weight.

What does 'healthy eating' mean?

Having a variety of nutritious food. This includes:

- vegetables, legumes, fruits and cereal products;
- lean meat, fish, poultry and low fat dairy products;
- less fat, sugar and salt;
- plenty of water.

Having smaller serving sizes

Healthy hints

- Have at least three meals a day starting with breakfast
- Plan the week's menus ahead
- Take a shopping list to the supermarket
- Eat together as a family
- Try not to use food as "rewards" for you and your children
- Try not to eat when you are bored or tired
- Set yourself a small, realistic goal each week

eg *"I will not snack after dinner at least 4 times this week"*

Symptoms of diabetes

See your doctor if you experience any of the following:

- frequent urination
- excessive thirst
- recurrent infections (e.g. thrush)
- tiredness
- rapid weight loss

Have you had gestational diabetes?

Where can I find out more?

Contact your local Community Health Centre:

Moreland Community Health Service (03) 9355 4909

Sunbury Community Health Centre (03) 9744 4455

Dianella Community Health
- Broadmeadows (03) 8345 5678
- Craigieburn (03) 9308 1222

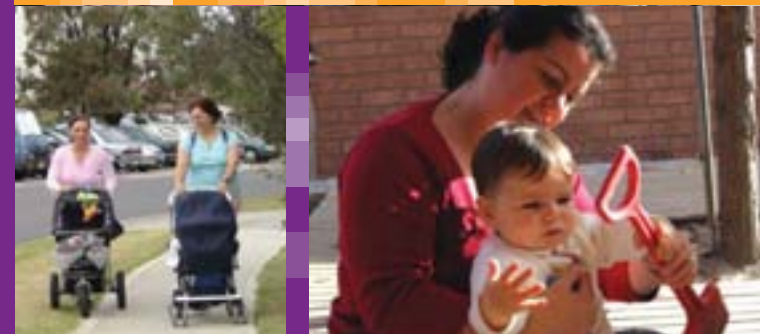
Broadmeadows Health Service (03) 8345 5322

Contact your local council for information about other local supports

More information:

Diabetes Australia Victoria
1300 136 588
www.dav.org.au

Go for Your Life
1300 739 899
www.goforyourlife.vic.gov.au



Keeping healthy for the future



Diabetes in pregnancy... Will it come back?

Am I at risk of type 2 diabetes?

For most women with gestational diabetes, the diabetes goes away soon after giving birth.

However approximately 30 to 50% of women who have had gestational diabetes go on to develop type 2 diabetes within 15 years of their pregnancy.

Type 2 diabetes is a permanent condition where there is too much glucose (sugar) in the blood. People with diabetes are at higher risk of health problems.



Are my children at risk of diabetes?

Yes, they are more likely to develop type 2 diabetes later in life than other children.

However a healthy start in life with regular physical activity and healthy eating will help reduce this risk.

Staying healthy for the future... What can I do?

Many mothers find it difficult to care for themselves when looking after a baby and family. However a few simple lifestyle changes now will lead to improved health for you and your family in the future.

"You know, you're a lot busier doing other things; you're not focussed on yourself anymore so you do have to try and fit exercise in". Jodi, 2 kids



Choose a healthier lifestyle

- Achieve as healthy a weight as possible
- Be as active as you can
- Make healthy food choices
- Have regular checks for diabetes with your doctor

Be as active as you can

Aim to do at least 30 minutes of moderate physical activity most days, so you feel slightly puffed, but can still talk. For example:

- a brisk walk
- a bike ride
- playing tennis
- gardening

Speak with your doctor when starting or changing physical activity.

Healthy hints:

- Ask your partner/family to mind the children
- Take your baby for a walk in the pram
- Make use of other supports in your area (e.g. childcare; pram walking groups)
- Set aside time for physical activity
- Be active with friends or family
- Set yourself a small, realistic goal each week

eg "I will walk for 15 minutes in the morning 3 times a week"



"I didn't know exercise was so important for preventing diabetes". Carole, first time mum

"If I get out there and get active then little things don't seem to bother me as much". Catherine, 3 kids