


Food and Health

Understanding Diet-Related Conditions

Health Condition 1: Diabetes

What is Diabetes?

Diabetes is a condition where there is too much glucose (sugar) in the blood. This causes health problems.

 You can find out more about **Diabetes here:** <https://dietitiansaustralia.org.au/health-advice/diabetes>

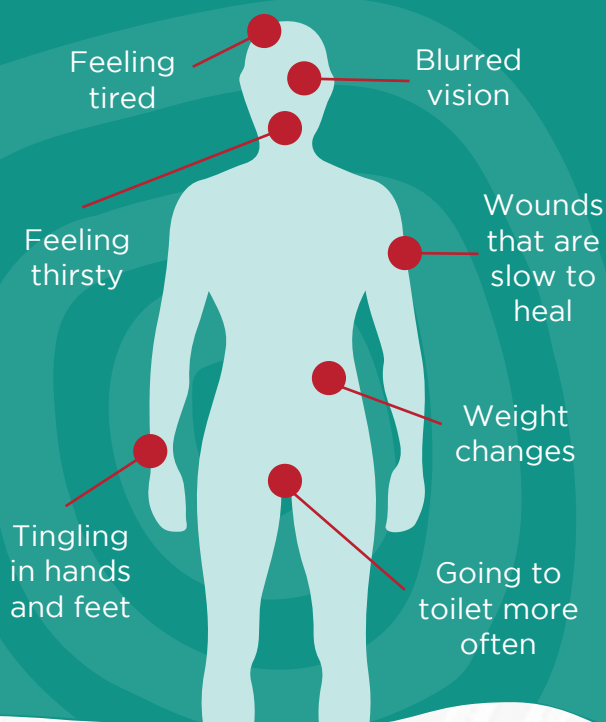
Food and Diabetes:

For people with Diabetes, the body cannot turn sugar (from carbohydrates foods) into energy properly.

This leads to high blood glucose (sugar) levels. They need to pay attention to the **type and amount of carbohydrates** they eat every day, to keep blood glucose (sugar) levels normal.

A healthy diet can help control Diabetes and prevent health problems getting worse.

Health problems in diabetes:



Eat more healthy carbs:



Fruit,
like berries
and melons



Dairy,
like milk
and yoghurt



Vegetables,
like potato
and corn



Legumes,
like chickpeas
and kidney beans



Whole grains,
like brown rice and wholemeal bread



The amount and type of carbohydrates needed at each meal and across the day is different for each person. This is where talking with a dietitian can be helpful to work out your personal daily eating plan.



Eat less high sugar and processed carbs:

**Soft drinks
and energy
drinks**

**Processed
snack foods
like chips
and crackers**





**Lollies,
cakes, and
biscuits**

**White bread,
white rice, and
many breakfast
cereals**

**Sweetened
yoghurts
and flavoured
milks**

Small Changes for Big Health Benefits

Making some simple changes to your diet can help keep your blood sugar steady and your body strong.

-  **Swap refined carbohydrates for wholegrain high fibre versions (e.g. white bread for wholemeal bread)**
-  **Drink plenty of water and limit sugary drinks. e.g., soft drink and juices/energy drinks**
-  **Eat regularly across the day, rather than one or two big meals**
-  **Balance meals to add protein, vegetables and healthy fats**

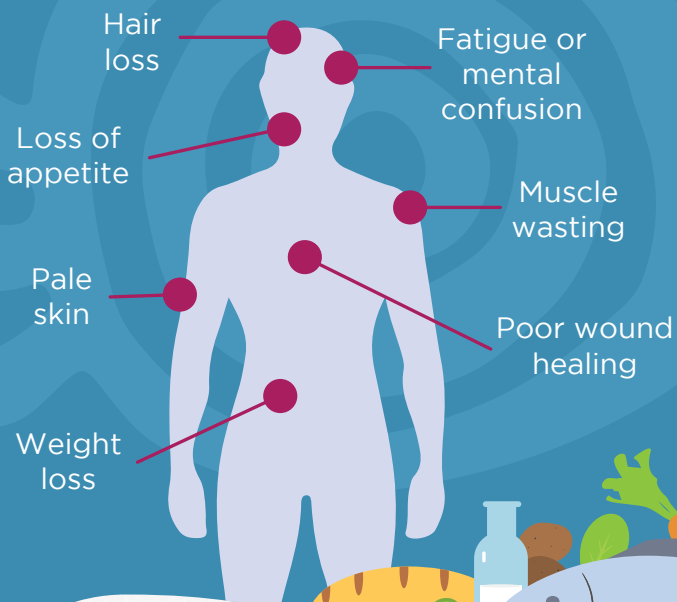
Health Condition 2: Malnutrition

Malnutrition can happen over time if you don't get enough good nutrients from your food or supplements.

You can become malnourished if you don't eat enough, don't eat the right foods, or if your body can't absorb all the nutrients.

This can cause health problems like weight loss, falls, weak bones, and bowel problems.

Signs of malnutrition in the body:



Causes of malnutrition:

- Not feeling hungry, due to stress or illness
- Limited access to healthy food or clean water
- Feeling sick impacting digestion and heightened nutrition requirements



Treatment of malnutrition:

To overcome malnutrition, it's important to focus on foods that give the body lots of energy and nutrients.



Key nutrients to add to your diet:

- Energy / calories / kilojoules - All foods give your body energy. Some foods give you more energy. These foods can help you put on weight and get stronger.
- Protein
- Vitamins and Minerals

Examples of high-energy and nutrient-rich foods:

Dairy Products:
Foods like full-cream milk, cream, cheese, and yogurt

Fats:
Foods like peanut butter, avocado, oil and salad dressings

Meats:
Chicken, fish, kangaroo, beef, and turkey

Other proteins:
Eggs, lentils, chickpeas, kidney beans

Eating these healthy foods can help stop malnutrition and give your body the right fuel to stay strong. It's also important to drink clean and safe water. Water helps keep you healthy and helps your body use the food you eat.

Small Changes For Big Health Benefits

Making some simple changes to your diet can help keep your energy levels up and your body strong.



Eat small meals, often throughout the day



Consume drinks between meals such as milky drinks or juice. This adds extra energy and limits the feeling of fullness when eating foods.



Bulk prepare meals when you have the energy