

# Healthy Living Focus

# Diabetes



Hello, and welcome to the healthy living focus. In this edition we are looking at how to live a healthy lifestyle to prevent type 2 diabetes, or to help with managing the condition if you have been diagnosed with the condition. We will take a look at healthy eating, moving more, as well as how to maintain blood sugar levels, and the signs and symptoms of Diabetes to look out for.

## Healthy Eating

There is no such thing as a 'diabetic' diet or 'diabetic' recipes. Although some foods may be called 'diabetic friendly'

Enjoying a balanced, varied diet is recommended. Maybe try a new recipe or a meal you haven't cooked a long while, aiming for fresh and wholesome ingredients

If you're carrying extra weight, it is recommended to lose weight. This can be done by healthy eating and moving more, but it takes time by making small, consistent changes!

Set small and realistic goals

Cutting down on takeaways, increasing the fruit and vegetables in your diet, or simply drinking more water are all good steps to take!

Maintaining blood sugar in the long term: healthy eating!

- ✓ Eat lots of fibre! Fibre is found in vegetables and whole grains such as brown bread and Weetabix.
- ✓ avoid processed foods, such as fast food and ready meals.
- ✓ eat a healthy diet with plenty of lean meat, fruit, nuts, fish and eggs.

## Healthy Living Goal

Set a small goal this week that will be a positive step towards a healthy lifestyle, this could be eating more fruit and vegetables or walking more each day.

## Moving More

Being more active doesn't have to mean going to the gym! Any movement is great for creating a healthy lifestyle.

Why not try:

- A walk around the park
- A free online workout
- Gardening in the sunshine
- Housework such as vacuuming
- Dancing around the kitchen to your favourite music!

## common symptoms of diabetes

- ✓ Going to the toilet a lot
- ✓ Being really thirsty.
- ✓ Feeling more tired than usual.
- ✓ Losing weight without trying to.
- ✓ Cuts and wounds take longer to heal.
- ✓ Blurred vision.

**If you experience any of these symptoms please visit your GP**



Visit <https://www.nhs.uk/conditions/diabetes/> for further information about Diabetes

# RECIPE OF THE WEEK

## Spiced chicken kebabs and flavoursome rice



### Ingredients

40g brown rice  
1tbsp apple cider vinegar  
half a tsp of ground cumin  
75g baby plum tomatoes  
20g baby spinach  
1 tbsp mild curry paste  
(of any flavour)  
half a tsp of tumeric  
1 red onion  
160g chicken breast  
1.5 tsp of oil

### Healthy Living Tips

This recipe is a great example of how simple chicken and rice can be made into a tasty, flavoursome meal, which has ingredients that help to stabilise blood sugar.

### Method

1. Boil a kettle. Heat a medium saucepan filled with boiling water on high heat. Add the rice and boil for 25-30 mins, until cooked, then drain.
2. In a bowl, mix the curry paste with 1 tsp oil and season to taste. Cut the chicken into bite-sized pieces and add to the bowl. Leave to marinate.
3. Make the salad. Finely slice the onion. Roughly chop the tomatoes. Add both to a bowl with the vinegar, 1 tsp olive oil and season to taste.
4. Thread the chicken onto the skewers, then brush with any remaining marinade. Heat a frying pan on medium heat. Cook the kebabs for 10-15 mins, turning regularly until the chicken is golden brown.
5. Check the chicken is cooked through by cutting a large piece in half. The flesh should be white and the juices running clear. Cook for longer if necessary. Remove the kebabs and keep warm.
6. Reheat the pan with 1 tsp oil on medium heat. Add the turmeric, ground cumin, spinach and cooked rice. Season to taste. Mix well and cook for 2-3 mins, until the spinach has wilted.
7. Serve the rice topped with the chicken kebabs and the tomato salad on the side.

Meet our Healthy Living Coordinator, Claire. Who is responsible for our newsletter and healthy living project.

If you have any queries, would like to suggest a feature for our future newsletters, or would like support and advice around issues raised here, please contact Claire at [healthyliving@nortonhousingandsupport.org.uk](mailto:healthyliving@nortonhousingandsupport.org.uk)

