

Exercise

- 1 Individual should exercise **5d / week** with no more than 2 consecutive days without physical activity.
- 2 At least **150 min / week** of moderate-intensity aerobic exercise and or at least 90 min / w of vigorous aerobic activities.
- 3 Any increase in daily energy expenditure is beneficial **eg: walking upstairs, washing the car, gardening, mopping the floor.**
- 4 Limit physical inactivity and sedentary habits **eg: watching television, playing on the computer.**

Weight loss **5% - 10%** = Reduction in HbA1c **0.5%**

Every **1%** Reduction in HbA1c

Reduces Risk by

- 21%** Death from diabetes
- 14%** Heart attack
- 37%** Microvascular complications
- 43%** Peripheral vascular diseases



Ref: Clinical Practice Guidelines for Management of T2DM. 4th edition. May. 2009. MOH, Malaysia

Sample Menu

Breakfast

- 2 slices of Whole Meal Bread
- + 1 Boiled egg
- + Mixed salad
- + 1 Teaspoon of Margarine

Morning Tea

- 3 pieces of plain crackers and
- 1 cup of tea without sugar

Lunch

- 1 small bowl of brown rice
- + 1 steamed chicken without skin
- + ½ bowl of stir-fried bok choy

Afternoon Tea

- 1 cup of coffee with low fat milk

Dinner

- 1 piece of Thosai
- + ½ bowl of dhal curry
- + ½ bowl of stir-fried bayam

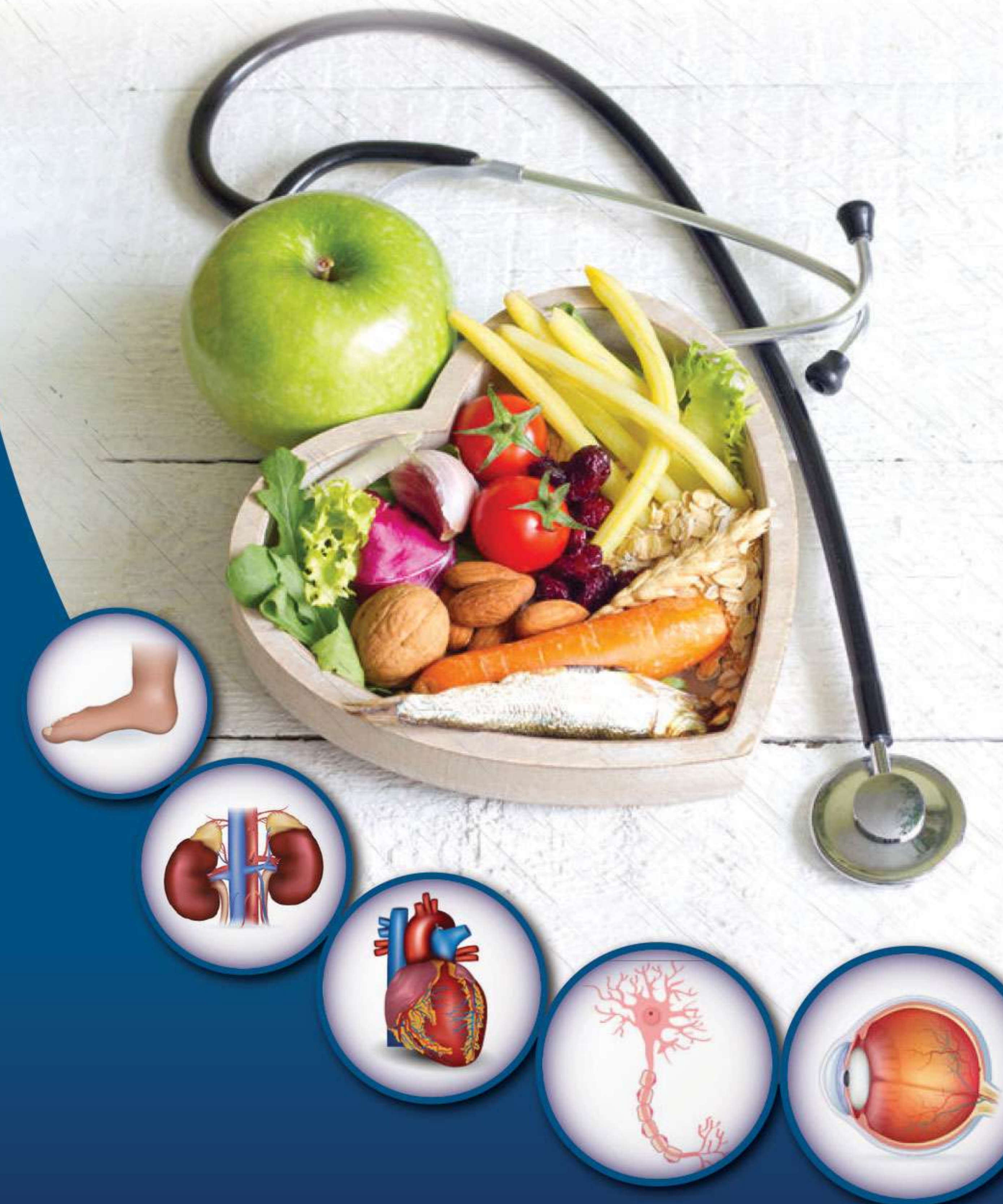
For individualised dietary counselling, please make an appointment with the dietitian.

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For internal circulation only.

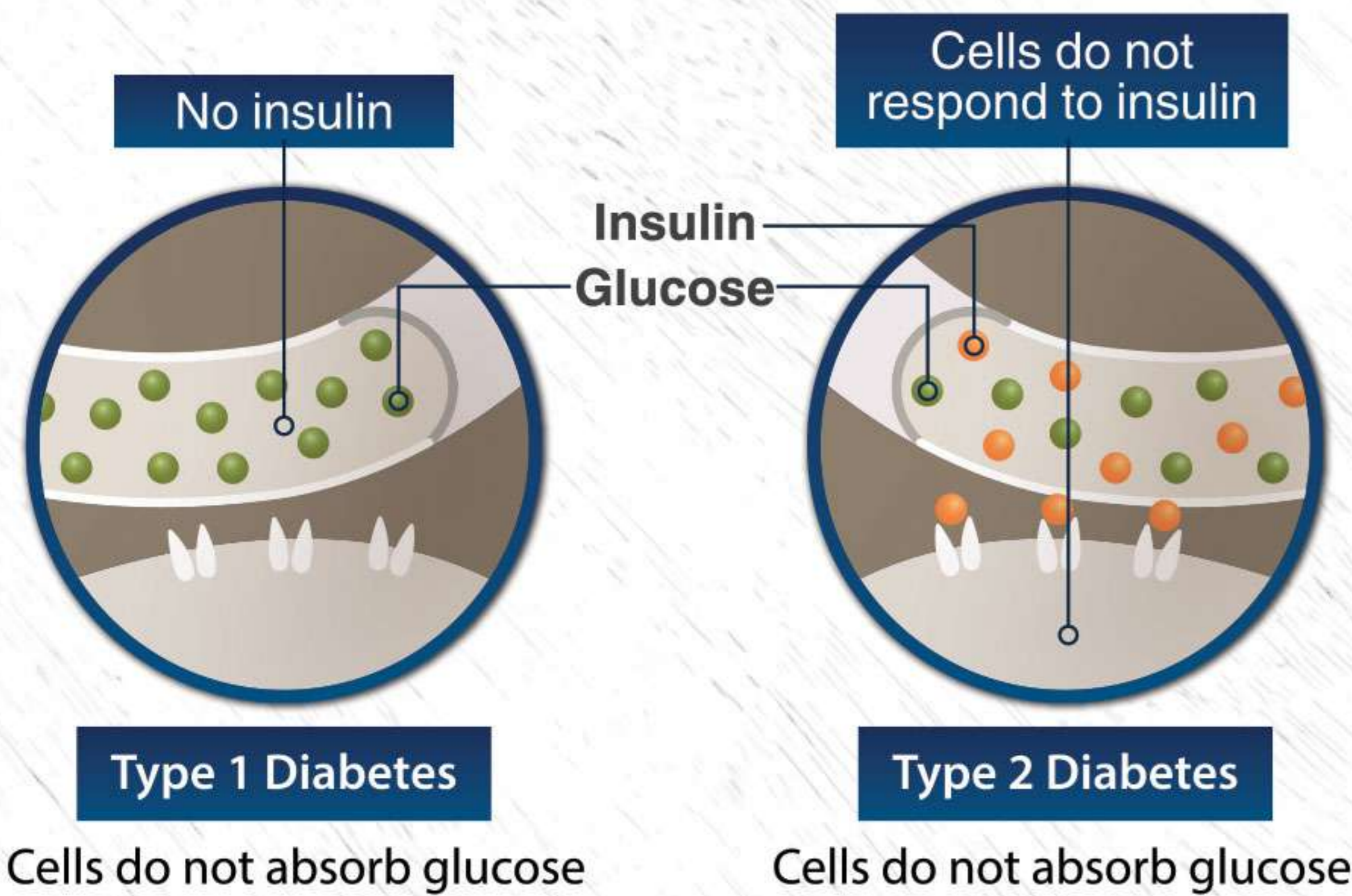


Dining with Diabetes



Diabetes Mellitus

Disorder where pancreas produces insufficient insulin or insulin is not used properly by the body. Insulin imbalance causes blood sugar to rise.



TYPE 1 DM

Symptoms usually start in childhood

Cannot be prevented

TYPE 2 DM

May not have symptoms before disease is diagnosed in adulthood

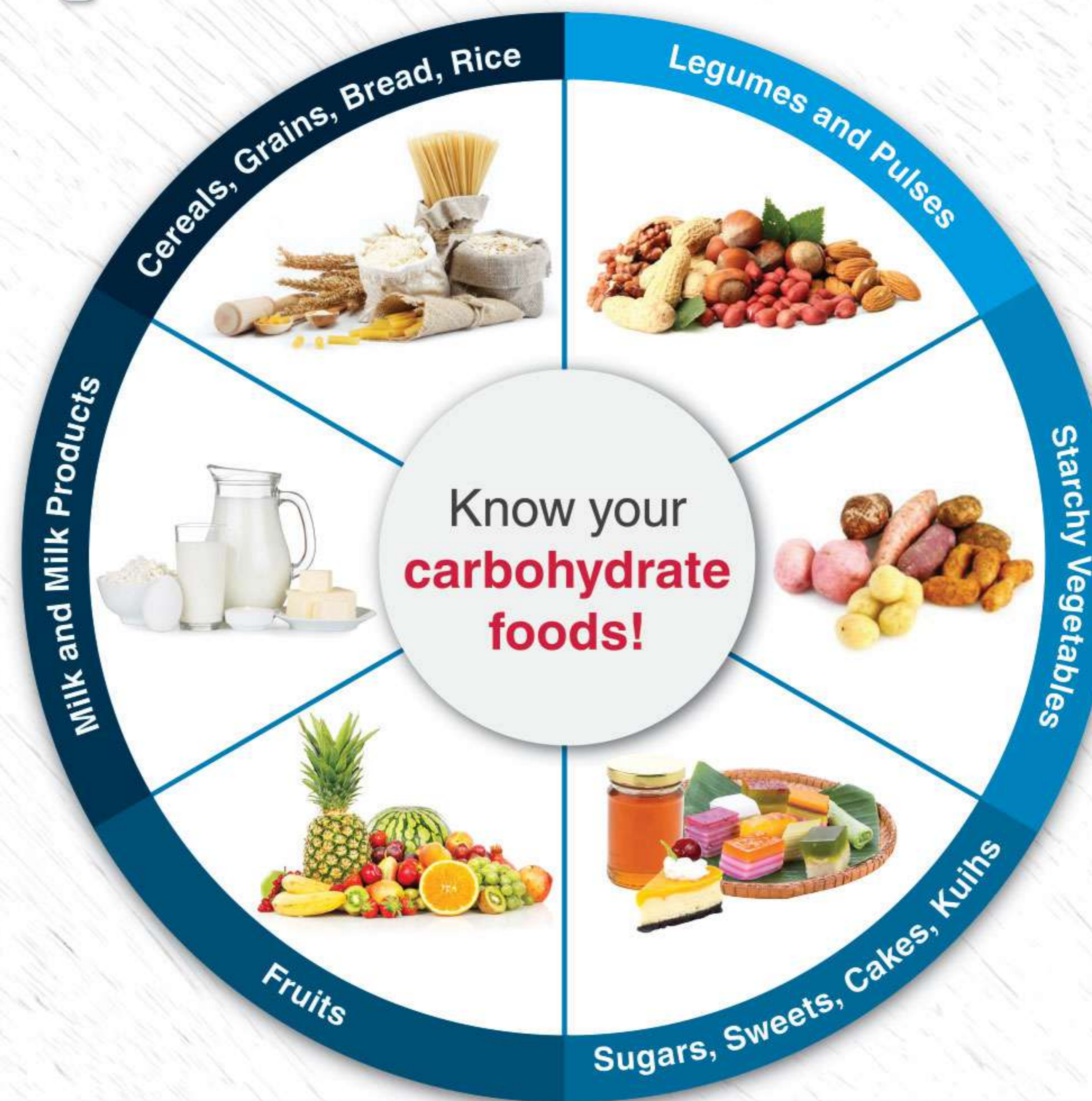
Can be prevented/delayed with healthy lifestyle and eating sensibly

Target Glucose Level - Non Diabetic Individual	
Fasting	3.9 - 5.5 mmol/L
Non - fasting	3.9 - 7.7 mmol/L
HbA1c	<6.1%
Target Glucose Level - Diabetic Individual	
Fasting	3.9 - 7.0 mmol/L
Non - fasting	<10.0 mmol/L
HbA1c	<6.5%

Ref: American Diabetes Association, Diabetes Care Journal 2018

Diet

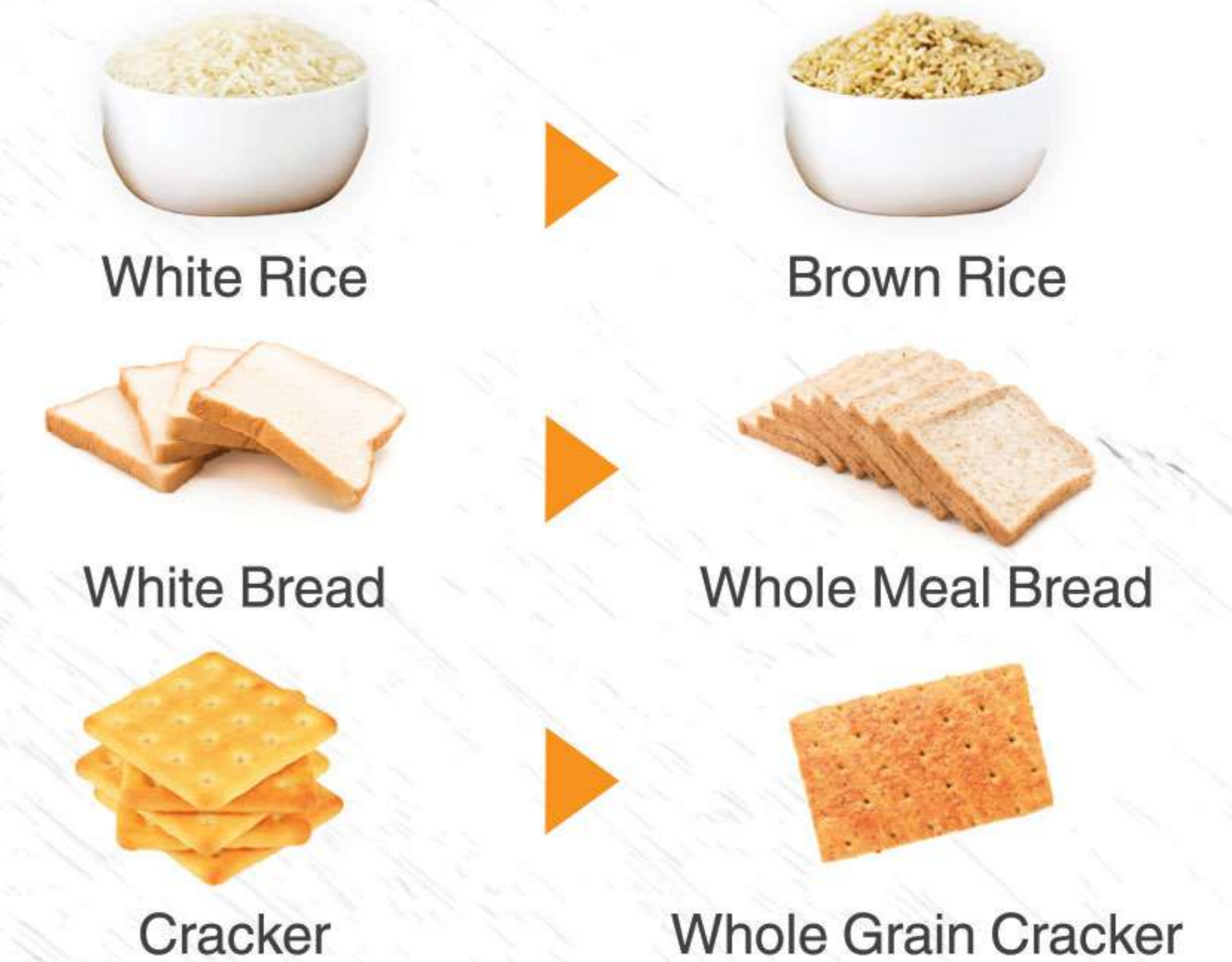
1 Know your carbohydrate foods



2 Serving size of fruits

Fruits	1 Serving
Apple / Pear / Orange	1 whole, medium
Guava / Mango	½ whole
Watermelon / Papaya	1 slice
Rambutan / Lychee	5 whole
Mangosteen / Plum	2 small whole
Duku / Langsat / Grape	8 whole
Banana	1 small
Dried dates / Durian	2 medium seeds
Raisin	1 tablespoon
Cempedak / Nangka	4 seeds

3 Increase fiber intake by choosing the better options



4 Choosing lower fat food to improve insulin sensitivity

- Roti Canai >>> Thosai
- Full Cream Milk >>> Low Fat Milk
- Fried Kuey Teow >>> Kuey Teow Soup
- Fried Chicken >>> Steamed Chicken without skin

5 How many teaspoons (5g) of sugar in 1 drink at your nightly Mamak session?

Drink	Sugar Content	Calories
Kopi	5 Tspn (24g)	145Cal
Teh Tarik	5 Tspn (26g)	177Cal
Teh O Limau	6 Tspn (30g)	118Cal
Teh C	3.5 Tspn (17g)	169Cal
Horlick Biasa	5.5 Tspn (27.5g)	190Cal
Sirap Bandung	6 Tspn (30g)	152Cal

Ref: Nutrition Composition Database, Malaysia. Nutrient Composition of Foods, Singapore. Malaysia Dietetic Association