



diabetes
new zealand

eyes on Diabetes

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ísey
SKYR

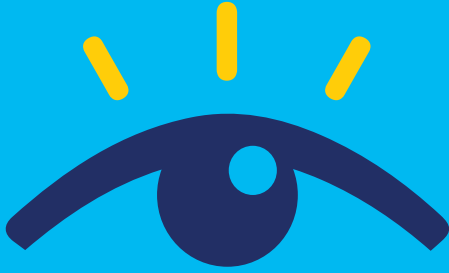
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EYES ON DIABETES

NGĀ KARU ME TE MATEHUKA

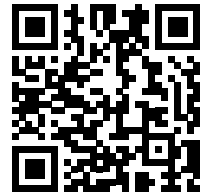
When was your last diabetes eye check?

Diabetes is the leading cause of blindness in Aotearoa.

Everyone with diabetes is at risk of losing their vision, but this can be prevented with early detection and treatment.

To find out when your next eye check is due and for more information about diabetes eye health visit

www.diabetesactionmonth.org.nz



THE MOST COMMON TYPES OF DIABETES...

TYPE 1 is where the body's immune system destroys the insulin-producing cells in the pancreas so it can't produce insulin any longer. Caused by a mix of genetics and unknown factors, type 1 diabetes can't be prevented and management requires lifelong insulin via pumps or injections.

TYPE 2 is where insulin resistance is present, or the pancreas doesn't produce enough insulin. Nine out of 10 people with diabetes have this type, but the majority of cases could be prevented. Management incorporates diet, exercise and medication.

GESTATIONAL DIABETES occurs during pregnancy. It usually goes away once baby is born, but women who've had it have a significantly increased risk of developing type 2 diabetes in the future.

Eyes on diabetes

At least 300,000 people in Aotearoa New Zealand are living with diabetes, a disease where the body can't control its blood sugar levels properly. This occurs because the pancreas can't make any or enough insulin (the hormone that regulates blood glucose levels), or because of insulin resistance, where the body can't properly use the insulin it does produce.

While 300,000 people have been diagnosed with diabetes, it's estimated that another 100,000 are living with undiagnosed diabetes. This is a concern because the sooner diabetes is diagnosed, the more opportunity there is to manage blood glucose levels and help protect against diabetes-related complications and prevent serious eye conditions.



How to take care of → your eyes

In addition to having regular diabetes eye checks every two years, there are other things people with diabetes can do to help delay or prevent eye damage. It's also possible to prevent eye damage from getting worse if it's already present, so it's worth being vigilant about eye care.

- Take steps to maintain healthy blood glucose levels. Consistently high blood glucose levels increase the risk of developing more serious eye problems.
- Work on lowering your blood pressure if you need to. High blood pressure (hypertension) can also increase the risk of experiencing eye problems if you have diabetes. Limiting your salt and alcohol intake, being physically active, achieving and maintaining a healthy weight and eating a healthy diet can all help you manage your blood pressure.



DON'T SMOKE

Smoking has been linked to an increased risk of developing diabetic retinopathy, so if you smoke, consider quitting.

For support, contact Quitline by visiting quit.org.nz or call 0800 778 778.



See your doctor immediately if you notice any changes in your vision.

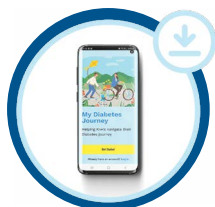
Changes to watch for:

- if your vision becomes blurry
- if you're having trouble reading
- if you start to see double
- if one or both of your eyes hurt
- if you feel pressure in one or both of your eyes
- if you notice spots or floaters in your vision
- if you can't see things out of the side of your eyes as you used to



Maintain healthy cholesterol levels

Like high blood glucose levels and hypertension, high cholesterol levels are a risk factor for serious diabetes-related eye problems. Eating a healthy diet low in saturated fat can help prevent or even reduce high cholesterol levels over time. Not smoking, limiting alcohol, reducing excess body fat and increasing your daily movement can also help.



Keep track of daily exercise, food intake, emotional well-being and any changes to your health with the *My Diabetes Journey* app. Download it free from the App Store or Google Play.





How diabetes can affect eye health

Diabetes can cause both short and long-term eye problems. While high blood glucose levels can cause vision to blur temporarily, complications of diabetes include diabetic retinopathy, cataracts and glaucoma.

Over time, diabetes can also damage the tiny blood vessels in the back of the eye. When this damage leads to the vessels leaking fluid or blood, it causes the condition diabetic retinopathy. This is a common complication of diabetes, affecting one in three people with the disease, and left untreated it can lead to permanently reduced vision or even blindness. Fortunately, when it's caught early, diabetic retinopathy can often be successfully treated - or at least prevented from becoming worse.



Vital signs

There may be no symptoms in the early stages of diabetic retinopathy, so it's really important that everyone with diabetes has regular eye checks. These simple checks take about 30 minutes and involve a specially trained health professional examining the retina at the back of the eye.

- For those with type 1 diabetes, eye checks tend to start five years after diagnosis. Anyone with diabetes should have a full diabetes eye check as soon as they're diagnosed.
- Your doctor can refer you to your local Diabetes Retinal Screening Programme, which is free and available nationwide.
- After the first diabetes eye check, follow-up checks at least every two years are recommended for people with both type 1 and type 2 diabetes. These are free through the Diabetes Retinal Screening Programme. If diabetes eye damage is already present, checks and treatment should be carried out as directed by an eye specialist.



KEEP IT IN CHECK!

Early detection can make all the difference in the treatment of diabetes-related eye conditions, so **keep up the regular eye checks**, even if there are no obvious symptoms.





diabetes
new zealand
choice

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SPARKLING WATER
ZERO SUGAR

7
NATURAL
FLAVOURS
10 CAN PACKS

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5 FLAVOUR
MULTIPACKS



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NEW WORLD



Gilmours
PARTS FOR EVERYTHING

Boring? Never!

Limiting sugary drink consumption? That's Healthy Diet 101. We help you plan for success with healthier alternatives for when thirst strikes.



With summer just around the corner, staying hydrated needs to be a top priority. Water is always the healthiest choice, but sometimes you feel like something a little more exciting.

We all know sugary drinks are a no-no when it comes to keeping our teeth healthy and obesity risk low. But luckily there's now a range of healthier options to turn to when you're feeling parched.

Kiwi-owned drinks company VIBE has a naturally-flavoured sparkling water range

that's completely sugar free and never boring. With VIBE's exciting range of fun flavours including cola, lemonade, raspberry, apple, orange mango, watermelon, grape and peach – you're spoiled for choice.

Plus, choosing VIBE's Diabetes New Zealand-approved drinks means you're helping support the charity's work helping Kiwis with diabetes get the help and representation they need to live well with the condition.

VIBE's drinks range is available in schools and at Pak 'n Save, New World and Gilmores.

Keep an eye out for the Eyes on Diabetes bracelet during Diabetes Action Month and you can help support their work even further.



BETTER THAN YOGHURT

AND NOW DIABETES NEW ZEALAND APPROVED



**Isey Skyr is proud to be named a
Diabetes New Zealand Choice product.**

Tipped as the new "superfood", Isey Skyr products are high in protein, low in sugar and low in fat. A traditional favourite of Icelanders, Isey Skyr is like yoghurt but better. It's made in New Zealand using New Zealand dairy and the original Icelandic recipe. Available in six flavours in both 170g and 500g tubs.

For more information and a full list of flavours visit

www.iseyskyr.co.nz

**isey
SKYR**

 **THE ORIGINAL
ICELANDIC RECIPE**

Food & nutrition for diabetes

Guidelines for eating well with diabetes are the same as the healthy eating guidelines recommended for everyone

ENJOY A VARIETY OF FOODS:

- ✓ **Vegetables and fruit** Aim for 5-6 servings of vegetables and 2 servings of fruit daily.
- ✓ **Grains** Choose wholegrain bread, rice, cereals and pasta. These are high in fibre and contain vitamins and minerals.
- ✓ **Milk and dairy products (or alternatives)** Choose low or reduced-fat dairy products, and calcium-fortified non-dairy alternatives.
- ✓ **Legumes, nuts, seeds, fish and other seafood, eggs, poultry or red meat** Remove visible fat from meat or chicken.

TO HELP MANAGE DIABETES:

- ✓ Choose whole, unprocessed foods over processed or packaged foods.
- ✓ Eat a diet lower in fat, particularly saturated fat.
- ✓ Spread meals evenly across the day.
- ✓ Include some carbohydrate, such as whole grains or starchy vegetables, with each meal - but not too much.
- ✓ Learn how much carbohydrate, and which types, work best for your blood sugar levels.

Smart diabetes- friendly swaps

Blood glucose levels are affected by the amount and type of starchy or sweet food you eat or drink. Foods with a lower glycaemic index (GI) have less impact.

SWAP...

FOR...

Jasmine rice (GI 82)

Low-GI brown rice (GI 54)

Dried rice noodles (GI 61)

Soba noodles (GI 46)

Oat milk (GI 69)

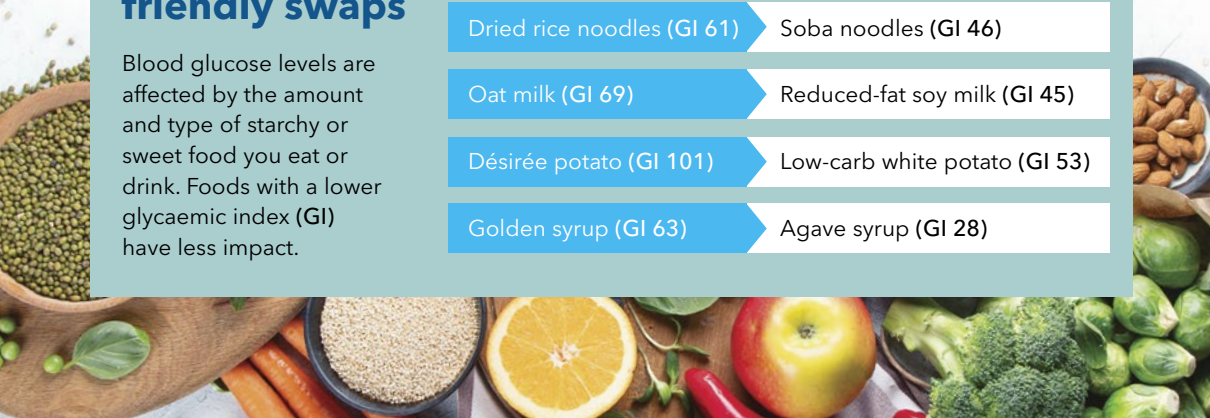
Reduced-fat soy milk (GI 45)

Désirée potato (GI 101)

Low-carb white potato (GI 53)

Golden syrup (GI 63)

Agave syrup (GI 28)





Isey Skyr earns Diabetes NZ approval

It's official! There's more to Isey Skyr's products than just their delicious taste.

Isey Skyr is excited to announce that its products have been approved by Diabetes New Zealand to carry the Diabetes New Zealand Choice logo. Isey Skyr yoghurt is a good alternative to many that contain high levels of sugar. It's also high in protein and low in saturated fat, making it a good choice for a healthy diet. The Diabetes New Zealand Choice logo will start appearing on the range of products very soon.

A traditional favourite of Icelanders, Ísey Skyr is the only skyr in New Zealand that contains original Icelandic skyr cultures. It's also made in New Zealand with New Zealand dairy, using the original Icelandic recipe that dates back 1100

years. The recipe contains three to four times more milk (skimmed milk) than typical yoghurt. It makes a perfect snack for healthy and active Kiwis, whether that's after the gym, on the go, at work or as a healthier dessert. It is also delicious added to a nutritious breakfast bowl, in a smoothie or used in baking.

Isey Skyr is available in six delicious flavours – baked apple, crème brûlée, strawberry, blueberry, vanilla and natural. These can be found in the chiller section at selected New World, Pak'n Save, Farro, Four Square and Fresh Choice supermarkets nationwide. It's available in 170g pottles in all flavours, and available in a larger 500g Viking size in selected flavours.



Easy diabetes- friendly meals

Ginger beef stir-fry

Serves 4 Time to make 20 mins

✓diabetes friendly ✓no dairy

500g **rump steak**, thinly sliced
1 tablespoon finely grated **fresh ginger**
1 tablespoon **olive oil**
500g fresh or frozen **stir-fry vegetables**
 $\frac{3}{4}$ cup **reduced-salt chicken stock**
2 tablespoons **Asian-style plum sauce**
 $\frac{1}{4}$ cup **roasted unsalted cashews**
2 x 250g packets **microwaveable brown rice**
3 **spring onions**, thinly sliced

1 Combine beef and grated ginger. Place oil in a wok and set over high heat. Stir fry beef for 3-5 minutes until browned and just cooked through. Transfer beef to a plate and set aside.

2 Spray wok with oil and return to heat. Add vegetables, stock and plum sauce. Cook for 2 minutes until sauce thickens and vegetables are just softened. Return beef to wok with cashews and stir fry for 1 minute until heated through and coated in sauce.

3 Meanwhile, heat brown rice according to packet directions. Serve beef stir-fry with rice and top with sliced spring onions.

LOW
SODIUM

HIGH
FIBRE

HIGH
PROTEIN

2
VEGIE
SERVES

PER SERVE

2323kJ/555cal
Protein 36.4g
Total fat 18.2g
Sat fat 3.9g
Carbs 57g

Sugars 12.4g
Dietary fibre 8.2g
Sodium 353mg
Calcium 46mg
Iron 3.6mg



4 SERVES
OF VEG!

Thai cashew chicken

Serves 4 Time to make 25 mins

✓diabetes friendly ✓no dairy

- 1 tablespoon extra-virgin olive oil
- 2 red chillies, thinly sliced
- 3 cloves garlic, thinly sliced
- 500g chicken tenderloins, cut into strips
- 4 spring onions, cut into 3cm batons
- 1 each red, green and yellow capsicum, cut into strips
- ½ cup unsalted roasted cashews
- Cooked brown rice
- Coriander leaves

Sauce

- 1 tablespoon oyster sauce
- 2 teaspoons reduced-salt soy sauce
- ¼ cup water
- ½ salt-reduced chicken stock cube, crushed

- 1 In a small bowl, combine sauce ingredients.
- 2 Place oil in a wok and set over medium heat. Add chilli and garlic and cook, stirring, for 3 minutes until soft. Transfer mixture to a bowl. Add chicken to pan and cook for 5 minutes until browned. Add spring onions and capsicums and cook for a further 3 minutes until vegetables soften slightly.
- 3 Add sauce ingredients, chilli/garlic mixture and cashews to the pan and cook for a further 5 minutes until the sauce has thickened slightly.
- 4 Serve with brown rice and coriander leaves.



PER SERVE	
2364kJ/565cal	Sugars 13.3g
Protein 35.5g	Dietary fibre 9.5g
Total fat 25.2g	Sodium 497mg
Sat fat 5.9g	Calcium 56mg
Carbs 44.4g	Iron 3mg



COOK'S TIP

You can make four large latkes instead of small ones, if you prefer. Keep the first ones warm in a low temp oven until they're all ready for baking.

Sweet potato and carrot latkes with pickled cucumber

Serves 4 Hands on time 20 mins Time to make 45 mins

✓diabetes friendly ✓vegetarian

2 tablespoons **cornflour**
 1 teaspoon **garlic powder**
 2 tablespoons **sesame seeds**
 3 **eggs**
 1 **carrot**, spiralised
 140g **kumara**, spiralised
 1 **spring onion**, thinly sliced
 2 tablespoons **olive oil**
 60g **micro herbs and salad leaves**, to serve

Pickled cucumber

¼ cup **white wine vinegar**
 1 teaspoon **honey**
 2 **Lebanese cucumbers**,
 peeled into ribbons

Tahini yoghurt

1 tablespoon **hulled tahini**
 ¾ cup **Isey Skyr Natural yoghurt**
 2 teaspoons **honey**
 1 teaspoon **cumin**

1 Preheat oven to 180°C. In a large mixing bowl, place cornflour, garlic powder and sesame seeds. Make a well in centre, add the eggs, and whisk to combine. Add the carrot, kumara and spring onions, and toss to combine.

2 Heat the oil in a large ovenproof frying pan over medium-high heat. In batches, place spoonfuls of mixture into pan and cook for 5 minutes. Transfer to oven and cook for a further 15–18 minutes, until the potato is cooked and crispy.

3 Meanwhile, to make pickled cucumber, place the vinegar and honey in a large bowl and mix to dissolve honey. Add cucumber, gently toss to coat, then set aside for 10 minutes.

4 To make tahini yoghurt, place all ingredients in a small bowl and mix to combine. Transfer latke fritters to a large serving plate. Top with pickled cucumbers, dollop with tahini yoghurt and serve garnished with mixed salad leaves.



PER SERVE

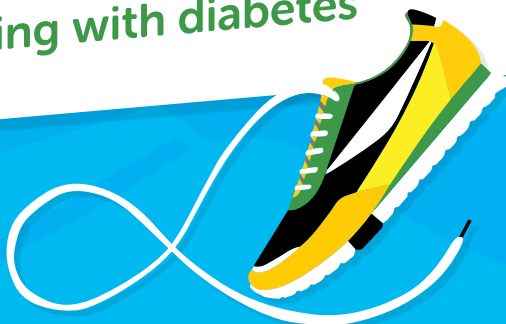
1324kJ/317cal	Sugars 14.7g
Protein 11.2g	Dietary fibre 5g
Total fat 19.2g	Sodium 127mg
Sat fat 3.5g	Calcium 222mg
Carbs 22.8g	



Sneaker Friday



Wear your sneakers on **Friday 17 November** to support Kiwis living with diabetes



It's easy to get involved!

1

Simply wear your sneakers on Sneaker Friday

2

Donate online to support Kiwis living with diabetes

3

Check out our website for Sneaker Friday events near you

Learn more, or make a donation now!
www.diabetesactionmonth.org.nz

