


# 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>

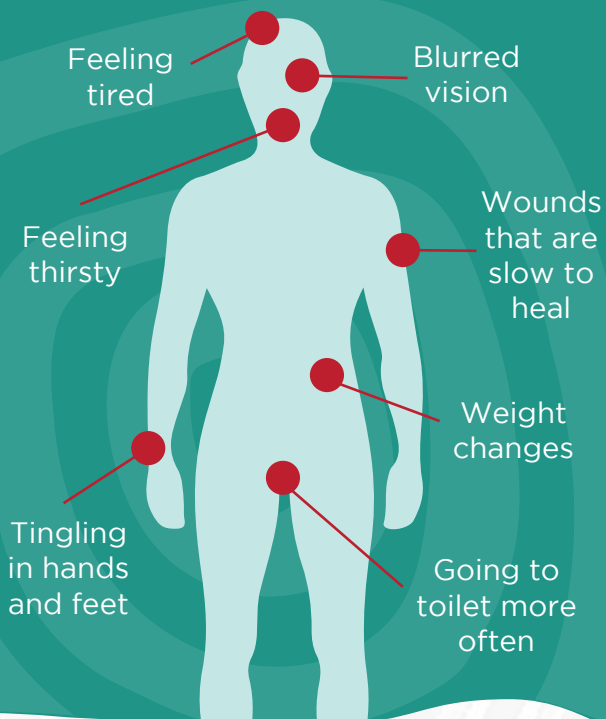
#### Food and Diabetes:

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**

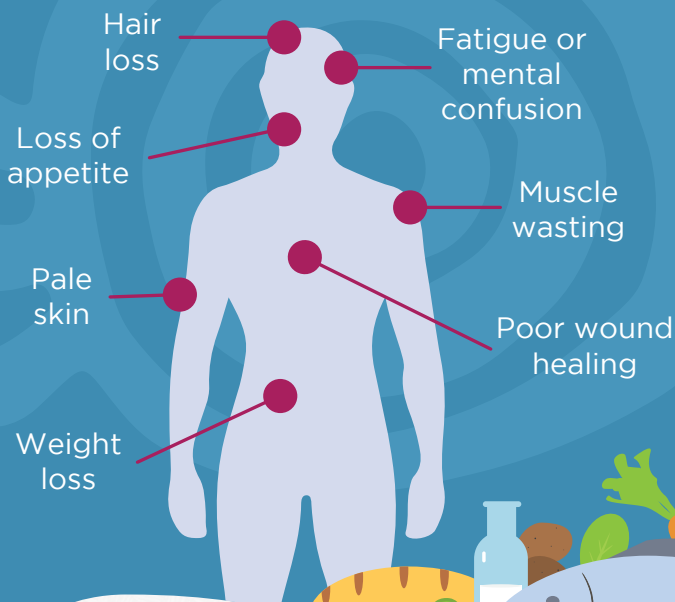
## Health Condition 2: Malnutrition

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:

An icon showing a carton of milk, a glass of milk, and a container of yogurt.

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

An icon showing a jar of peanut butter and a bottle of oil.

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

An icon showing a chicken, a fish, and a kangaroo.

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

An icon showing a carton of eggs.

**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**