



Eating and Our Health

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Co-Chair 2007-2015, The Muslim Jewish Forum of Greater Manchester

Diabetic 2006-present

Living With Diabetes

Living With Diabetes

Jackie and Amin have covered most of the basics, so will try not to repeat too much!

- **Diabetes**
- **What Changed?**
- **Food**
- **Equipment**
- **Exercise**



Diabetes

Diagnosed as type 2 diabetic in January 2006

My main symptom was extreme thirst

Other symptoms include:

- **frequent or increased urination, especially at night.**
- **excessive hunger.**
- **fatigue.**
- **blurry vision.**
- **sores or cuts that won't heal.**

If you experience any of these symptoms on a regular basis, you should talk to your doctor.



Diabetes

Genetic pre-disposition, my father was diagnosed around the same age.

Other causal factors include:

- **overweight**
- **sedentary**
- **affected by high blood pressure, now or when you were pregnant**
- **from a family with a history of type 2 diabetes**
- **from an ethnic background that has a higher risk of type 2 diabetes**
- **at higher risk due to high blood pressure, low good cholesterol levels, or high triglyceride levels**



Diabetes

High blood sugar can lead to long-term problems, such as:

- **a higher risk for heart disease**
- **foot problems**
- **nerve damage**
- **eye diseases**
- **kidney disease**

In late 2005 my father had a quadruple bypass.

For the last couple of years he has had kidney dialysis a couple of times a week.

It's a wake up call as to my own fate if I don't look after myself.



What's Changed

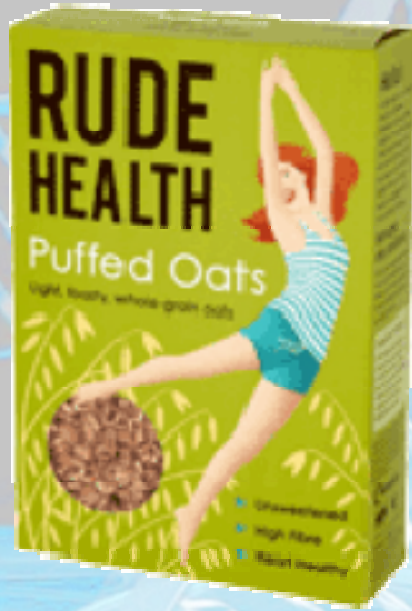
- Immediately researched what I should be doing
- Changed my diet
 - cut out a lot of unhealthy foods
 - found alternatives
 - stopped snacking
- Lost around 2 stone by the summer
- Kept exercising
- Blood testing most mornings
- Felt a lot fitter
- My cricket improved!
- Now on Metformin – tablet with each meal 3-4 times a day



Food

- **Cut out potatoes, white bread, white rice, pasta,**
- **Sugar in bread - carbohydrate and high glycaemic index – Now eat Burgen bread**
- **Try to reduce carbohydrate intake wherever possible**
- **Meals mainly protein and vegetables and low fat**
- **Lots of veg / careful with fruit - under-ripe wherever possible**
- **Try to have smaller portions!**
- **Use spray oil**
- **Cereal – have oat based, low sugar, low GI cereals in morning – no Coco Pops any more!**
- **Eat Pulses, Nuts, Seeds, Cashews in stir fries**
- **Home cooking**
- **Cut out nosh especially crisps**
- **Look at added ingredients**
- **Careful with fruit juice**
- **Stevia & Sucralose - vary sweeteners**





Equipment

- **Wok / non-stick pan – for low fat frying**
- **Halogen oven**
- **Oil Free Air Fryer**

- **Cycle machine**
- **Wii Fit**
- **Skipping rope**
- **Trainers**



Exercise

Easiest and most effective

- **Swimming - front strokes**
- **Kick boxing (non-combat)**
- **Resistance exercise**
- **Aerobics**
- **Cycling**
- **Running**

www.health.harvard.edu/diet-and-weight-loss/calories-burned-in-30-minutes-of-leisure-and-routine-activities

