



The Five Food Focus: Reduce Diabetes Risk

01 Focus on fibre

Choose **whole grains** per day e.g. oats, all-bran flakes, Weetabix, wholemeal toast. Choose **beans** and **pulses** e.g. lentils, red kidney beans, chickpeas

Add more **fruit** and **vegetables**. They also contain vitamins and minerals. For example, one kiwi has 3-4 g fibre and is high in vitamin C. One cup raspberries has 8 g fibre, 32.2 mg vitamin C and 0.8 mg manganese. Eat the rainbow! The more colour the more value.

02 Focus on lean protein

Lean protein has less fat on it. E.g. Chicken (no skin), fish, eggs, tofu, tempeh. Guess what? Beans and pulses are also considered proteins so bulk up on them.

03 Focus on unsaturated fat

Unsaturated fats include: Omega-9's (avocado, olive oil), Omega-6's (walnuts and vegetable oils), Omega 3's (oily fish like salmon, flaxseed).

When choosing saturated fat found in dairy, opt for low-fat/semi-skim versions.

04 Focus on hydration

Aim for 8 glasses throughout the day!

05 Focus on reducing ultra-processed food

Reduce ultra-processed food as they have loads of hidden sugars and fats. This is not to say you must eliminate them. When you do have them, enjoy them as life is about balance. Remember, some processed foods can be super beneficial such as high-fibre breads, wholemeal pasta, wholemeal pita and more.



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With our **121 unique coaching we will:**

- 01 Support you to implement the FFF and develop healthy behaviours, habits, and lifestyle changes.**
- 02 Help you to improve your relationship with food.**
- 03 Support you with weekly written check-ins.**
- 04 Support you with monthly review calls**
- 05 Ensure you are getting essential nutrients into your diet.**
- 06 Equip you with the knowledge to improve your food choices.**
- 07 Food/meal ideas and inspiration.**
- 08 Refer you to a personal trainer or physiotherapist (If you want it).**



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