

ainst
d **DIABETES**



Physical
Activity

LTH

and **DO EXERCISE**

TREMADURA

Everybody...



Against

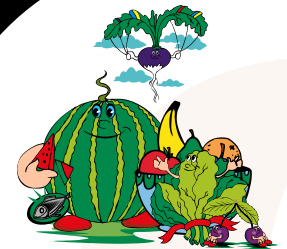
OBESITY and **DIABETES**

EAT HEALTHILY and **DO EXERCISE**

JUNTA DE EXTREMADURA

Consejería de Sanidad y Consumo
Extremadura Health Regional Ministry

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OBESITY and



Healthy
Diet

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What does obesity mean?

It is a chronic disease of multicausal origin, that produces the excessive accumulation of fat and an increase in weight. Obesity has a negative impact on health and life expectancy. It produces many health problems, from arterial hypertension to diabetes type 2.

What does diabetes mean?

It is a metabolic disease that causes excessive elimination of urine, weight loss, intense thirst and other general problems. If it is not treated correctly, it may result in health disorders (ocular problems, even blindness, kidney and heart failure, etc.).

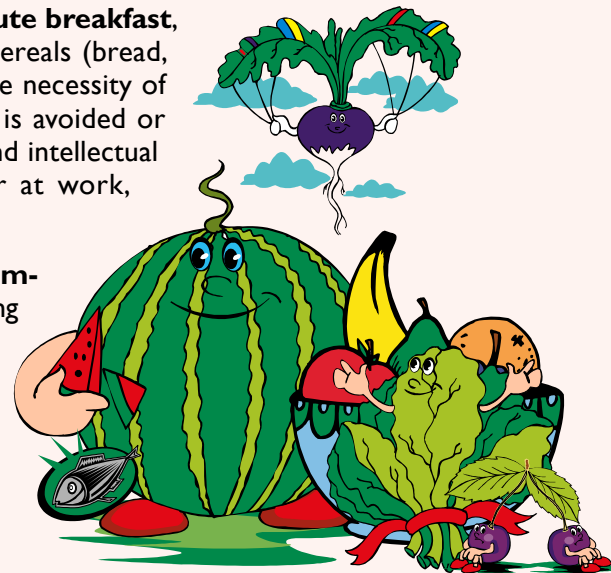
Types of diabetes

- **Type 1**, results from the destruction of the cells which produce insulin in the pancreas; it mainly occurs in children and young people. Obesity makes its control difficult.
- **Type 2**, also called non-insulin dependent diabetes *mellitus* or adult onset diabetes, although nowadays it is more frequent at an early age, mainly due to childhood obesity.

In case of doubt, ask your primary care physician for some advice.

Top ten points for a healthy diet

- 1 The more **varied** your diet, the greater chances of being balanced and healthy containing all the necessary nutrients.
- 2 **Cereals** (bread, pasta, rice, etc.), except cereals containing gluten for people who suffer from celiac disease, **potatoes** and **vegetables** must constitute the base of the diet, so that the carbohydrates represent between 50% and 60% of the calories in the diet.
- 3 It is recommended that fats do not surpass 30% of daily ingestion; **saturated and hydrogenated fat consumption must be reduced**, so that they represent less than 10% (of total calories). Check the label of the product.
- 4 Proteins must contribute between 10% and 15% of the total calories. **Animal-origin** proteins (fish, meat) and **vegetable-origin ones** (eg. legumes) **should be combined**.
- 5 The daily ingestion of fruits and vegetables must be increased, at least, 400 g/day. That is to say, not to take less than 5 rations (pieces) per day of this kind of food.
- 6 **Limit** the intake of **simple sugar-rich products**, such as candies, sweets and sugar-sweetened soft drinks.
- 7 **Reduce** any kind of **salt intake** to less than 3 to 5 g/day, and use iodised salt.
- 8 **Drink** between one and two litres of water per day.
- 9 **Do not skip a 15-20 minute breakfast**, containing milk products, cereals (bread, etc.) and fruits. This way, the necessity of less nutritious food intake is avoided or reduced and the physical and intellectual performance at school or at work, improves.
- 10 **Involve all the family members** in the activities regarding diet: going shopping, deciding weekly menu, preparing and cooking food products, etc.



Fight against sedentary lifestyle



Television and video games are very important factors which affect the appearance of obesity. **Try to avoid that your friends, children or grandchildren watching more than two hours of television per day.** Ask them to go out or to go for a walk.

Do any kind of **exercise at least for 30 minutes per day**, every day of the week.

If it is possible, **go walking to work.**

Avoid using the lift. Take the stairs instead.

Walk with your children or grandchildren to school.

Physical activity is recommended at any age. Ask your family doctor, or health workers, which is the most advisable one for you.