Chapter 2: Lifestyle management for people with diabetes

Test your knowledge

1. In the ‘healthy plate’ T-shape model which supports weight loss, approximately what proportion of the plate should be vegetables?
   1. 15%
   2. 25%
   3. 33%
   4. **50% (correct)**
   5. 75%
2. Which of the following food groups has the most significant impact on blood glucose levels?
   1. Fats
   2. **Carbohydrates (correct)**
   3. Protein
   4. Dairy
   5. Vegetables
3. What is the recommended daily calorie intake for a woman with diabetes of healthy weight?
4. 1200 kcal
5. 1500 kcal
6. **2000 kcal (correct)**
7. 2500 kcal
8. 3000 kcal
9. Individuals with type 2 diabetes should have small, achievable and personalised goals. Which of the following would be considered a suitable goal for an individual who currently has obesity, is physically inactive and does not have a healthy diet?
   1. Moderate exercise (e.g. jogging) for 45─60 minutes per day
   2. Aiming for <25g carbohydrates per day
   3. **Gentle exercise (e.g. walking) starting with 15 minutes per day, gradually increasing when comfortable (correct)**
   4. Skipping breakfast to achieve greater weight loss
   5. Aiming for 75% of each meal to be vegetables
10. Which of the following diabetes medications is NOT associated with weight gain?
    1. Gliclazide
    2. Glibenclamide
    3. Insulin
    4. Thiazolidinediones
    5. **Metformin (correct)**

SUMMARY RESULTS

Score: X/5

In this module, we covered why and how to support people with type 2 diabetes in making sustainable lifestyle interventions and achieving their goals.

1. CORRECT/INCORRECT

The T-shape is a model that can be used to build a healthy plate for an individual working towards a weight loss goal. Vegetables should take up approximately 50% of each plate or meal with this model.

1. CORRECT/INCORRECT

The food group known to have the most significant impact on blood glucose levels is carbohydrates. Some vegetables are high in carbohydrates and may affect blood glucose, but fats, protein and dairy are unlikely to significantly affect blood glucose levels.

1. CORRECT/INCORRECT

The recommended daily energy intake for the average woman with diabetes of healthy weight is 2000 calories per day.

1. CORRECT/INCORRECT

Lifestyle goals should be tailored to the individual including considering current lifestyle habits. A goal of 45–60 minutes of moderate exercise daily is likely too ambitious and unsustainable for an individual who is currently not physically active.

1. CORRECT/INCORRECT

Many diabetes medications are associated with weight gain. However, metformin is typically weight neutral, with some individuals experiencing slight weight loss. Gliclazide, glibenclamide, insulin and thiazolidinediones are associated with varying levels of weight gain.