

Impaired Glucose Tolerance (IGT) Impaired Fasting Glycaemia (IFG)

Patient Information Leaflet

WHAT ARE THESE CONDITIONS?

Impaired glucose tolerance and impaired fasting glucose are sometimes regarded as forms of “border line” diabetes or a stage before developing diabetes. Both are diagnosed after having a test called a glucose tolerance test. The results of the glucose tolerance test will confirm which condition you have.

Why is it important to know if you have Impaired Glucose tolerance or Impaired Fasting Glucose?

If your glucose tolerance test confirms that you have one of these conditions, you are at a higher risk of developing diabetes. It is also known to be associated with a higher risk of heart attacks and strokes.

WHAT CAN I DO TO HELP?

You should have a blood test every year to measure your blood glucose level as you are now at a higher risk of developing diabetes. Arrange an appointment with your GP or practice nurse to have this done.

Making small changes to your lifestyle to make it a healthier lifestyle will help to reduce your risk of developing diabetes.

HEALTHY EATING AND WEIGHT

If you are overweight the most important thing is to **try and lose weight**.

The best way to do this is to follow a healthy diet and take regular exercise.

In particular look at the amount of fatty and sugary foods/drinks you take.

WHAT IS HEALTHY EATING?

1. Eat regularly

Have 3 meals a day. For example, breakfast, lunch and evening meal. This will help keep your blood glucose levels steady and control your appetite.

2. Include a starchy carbohydrate food at each meal

Starchy foods include cereal, bread, pasta, rice, potatoes. High fibre options are best. See the table below for more information.

Starchy Carbohydrate to limit	Starchy Carbohydrates to choose instead
Sugar or honey-coated breakfast cereals, for example, Frosties, Coco Pops, sweetened muesli, sugary cereal bars	Wholegrain breakfast cereal, for example, Weetabix, unsweetened muesli, Shredded Wheat, Branflakes, porridge
Fried Chips, Instant Mash, Roast Potatoes	Boiled Potatoes, New potatoes, Sweet Potato, Baked Potato
Fried rice, Naan breads, cheesy pasta dishes	Basmati rice, pasta, chapatti
White bread or rolls	Whole grain, granary, seeded bread or rolls

Remember: Although the foods in the right hand column are the preferred options they should still be eaten in moderation – watch your portion sizes.

3. Eat less sugar

Too much sugar and foods containing sugar can cause the blood glucose levels to rise. It is best to replace these with **lower sugar** and **sugar free** foods instead. See the table below for examples.

Foods High in Sugar	Choose Foods Lower In Sugar
Sugar, glucose, glucose syrup, dextrose, sucrose, icing sugar, light spoon, half spoon	Artificial sweeteners, for example, Canderel, Sweetex, Hermesetas, Splenda
Sweet squash and fizzy drinks, for example, Ribena, Lucozade, cola, lemonade, drinking chocolate	Diet, low calorie, sugar-free squash and fizzy drinks, for example, Robinsons Special R, Diet Coke, Pepsi Max, tea, coffee, low calorie chocolate drinks
Sweets, for example, chocolate, toffee, fudge, tablet, mints, chocolate covered and cream filled biscuits, marzipan	Plain biscuit or small scone, small crumpet or pancake, oatcakes, crackers.
Sugar-coated or honey-coated breakfast cereal, for example, Frosties, Sugar Puffs, Crunchy Nut cereals	Unsweetened breakfast cereal, for example, Porridge, Weetabix, Branflakes, Allbran
Sweet pudding, for example, crumble, tarts, tinned fruit in syrup	Fresh or dried fruit, Diet or light yoghurt, sugar-free jelly, tinned fruit in natural juice
Marmalade, jam, honey, syrup	Reduced sugar marmalade, jam or thin scraping or ordinary jam, marmalade or honey

Remember: Although the foods in the right hand column are the preferred options they should still be eaten in moderation.

4. Eat less fried and fatty foods

High fat diets are linked to heart disease and reducing your fat intake will help you lose weight. See the table below for information on how to reduce your fat intake.

Foods High in Fat	Choose Foods Lower in Fat
Butter, Margarine, oil, lard, dripping	Low fat spread and oils made from unsaturated oils such as olive oil, vegetable oil, corn oil, monounsaturated spreads
Fried foods	Grill, poach, boil, microwave or oven bake
Chips	Potatoes – boiled, steamed or baked
Pies, pastries, sausage rolls, fatty meat	Lean cuts of meat, fish and chicken without the skin
Creamy sauces and dressings	Tomato based sauces
Cream, mayonnaise, salad cream, full fat yoghurt, full fat milk	Low fat natural yoghurt, low fat fromage frais, semi skimmed or skimmed milk
Full fat cheese	Reduced fat varieties of cheese, Lower fat cheese such as Edam, gouda, cottage cheese, grate or slice cheese thinly
Crisps, savoury snacks, nuts	Low fat, unsalted crisps or savoury snacks, Unsalted nuts.

Remember: Although the foods in the right hand column are the preferred options they should still be eaten in moderation – watch your portion sizes.

5. Eat fruit and vegetables – 5 portions a day

1 portion = 1 medium fruit e.g apple, banana or orange
2 small fruits e.g – kiwis, satsumas or plums
2 tablespoons of vegetables

All fruit and vegetables are suitable and they can be fresh, frozen or tinned in natural juice. Try to have vegetables with your evening meal and spread your fruit throughout the day.

6. Include oily fish

Oily fish contains a type of fat called omega 3, which helps protect against heart disease. You should try to have oily fish in your diet at least once a week. Examples are sardines, pilchards, salmon, mackerel, fresh tuna, herring.

7. Eat less salt

Too much salt can raise your blood pressure which can lead to stroke and heart disease.

- ❖ Avoid adding salt at the table.
- ❖ Use as little salt as possible in cooking.
- ❖ Use herbs and spices to flavour food instead.
- ❖ Avoid processed foods, tinned, packed foods, salty meats

8. Healthy Weight

Body weight and the risk of developing diabetes are closely linked. If you are overweight it is harder for your body to use insulin properly.

A healthy weight will also help to reduce your risk of heart disease and stroke and control your blood pressure

Aim for a realistic weight loss (1-2lbs each week). It is better to lose a small amount of weight and keep it off, than to lose a lot of weight and regain it.

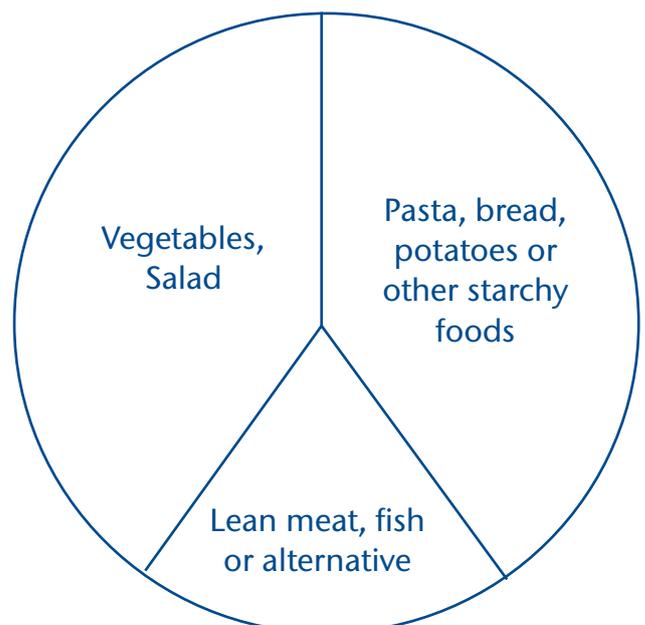
9. Portion Sizes

As well as looking at the types of food you eat it is important to consider your portion sizes, particularly if you are trying to lose weight.

You may need to change the proportions of food on your plate. As a first step you can use your plate as a guide,

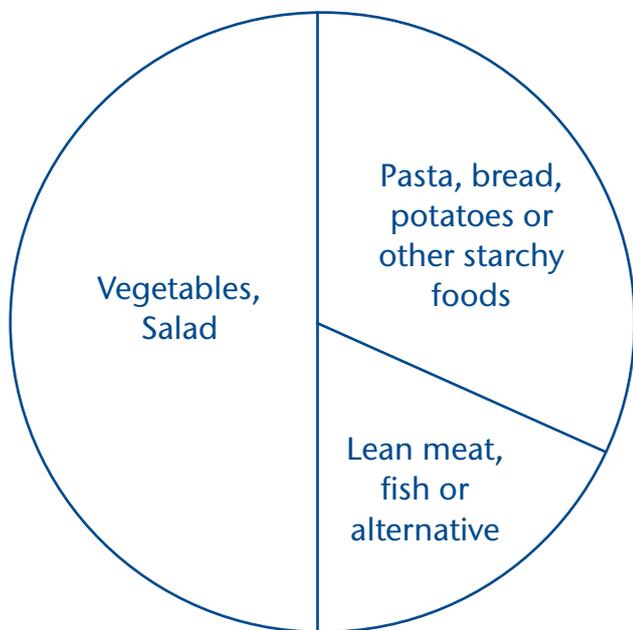
If you are trying to maintain your weight

Try to divide your plate into some starchy carbohydrate foods, vegetables and lean meat, fish or alternatives.



If you are trying to lose weight

Eating less fatty foods will help you lose weight therefore have a smaller amount of lean meat, fish, beans or alternatives. Try to fill half your plate with vegetables and a smaller amount of starchy carbohydrate food.



10. Limit your alcohol intake

The recommended amounts of alcohol for people with IGT/IFG and the general population are exactly the same.

For Men No more than 3 units/day (no more than 21 units in a week)

For Women No more than 2 units/day (no more than 14 units in a week)

Everyone should have at least one or two alcohol-free days a week.

Alcohol is high in energy and may cause weight gain therefore sensible drinking is essential.

WHAT ELSE CAN I DO?

Smoking

If you smoke - quit now. Smoking greatly increases the chance of developing a serious health problem.

Physical activity

Increased daily activity can help you to control your weight and reduce your risk of heart disease, high blood pressure and stroke.

It is a good idea to take up some form of regular physical activity, such as walking, swimming, dancing or cycling...even housework counts!!

Consult your doctor before taking up any regular strenuous exercise, particularly if you are overweight.

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