

# diabetic LIVING<sup>®</sup>

HOW TO

## trim *that* tummy fat

Foods & health moves  
that really WORK!

20 easy  
ways to feel  
happy  
today

Are you  
*getting*  
enough?



All about vitamin D's  
diabetes benefits, p32

## FOOD LABELS

Your guide to  
shopping smart  
for healthy  
choices



Aussie meat  
pie, p77

# 50+ *recipes*

### You just...

- 1 Cook vegies and brown beef.
  - 2 Combine Worcestershire sauce, gravy powder, tomato paste and tomatoes.
  - 3 Mix sauce with beef and vegies, then cook for 3-4 minutes.
  - 4 Top with pastry and bake for 35 minutes.
- Yummy!**

Hot & hearty pies, speedy dinners,  
tasty winter vegies, delish desserts

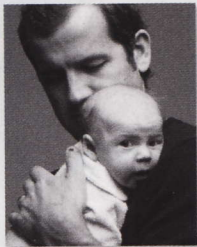
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## STEVE BROWN

Behind the lens for many of our food photos is Steve Brown. He has been part of *Diabetic Living* since the first issue five years ago, and is in demand for many food publications, most recently MasterChef winner Julie

Goodwin's cookbook, *Our Family Table*. "Food photography these days is all real. We even eat the food after we've photographed it," says Steve. "What I like about the food in *DL* is the ingredients are seasonal-based, with lots of fresh herbs and spices." Steve is the proud father of daughter Ivy (pictured).



## JANE HANN

Helping Steve Brown bring our recipes to life is food stylist Jane Hann. "The great thing about the food is the work that's put into creating recipes full of fresh, seasonal produce you just want to tuck into," says Jane.

"I especially enjoyed styling *Winter's bounty* (page 84). We all crave the comfort of hearty winter vegetables – the heady aromas of them roasting or being baked into a pie is so welcoming on cold winter nights. It was that comforting, cosy richness that Steve and I wanted to create in shooting that story."



## KAY O'SULLIVAN

Writer Kay O'Sullivan meets one of the true heroes of diabetes research in Australia, Susan Alberti, the national president of the Juvenile Diabetes Research Foundation, for one of our *Real lives* profiles

(page 128). Kay says Susan is the most inspirational person she has met in 30 years of journalism. "What Susan has had to deal with defies description," says Kay. "Yet, this extraordinary woman has turned around the lives of so many through her dedication to finding a cure for diabetes."



## WILLIAM SUKALA

Whether writing an article or delivering a keynote address, clinical exercise physiologist and type 2 diabetes researcher, William Sukala, has a knack for taking complicated science and boiling it down into plain

English. "There is a tremendous amount of useful information in the diabetes journals, but many doctors don't have time to simplify it for the general public," says William. "My mission is to bridge this gap by providing fresh views." He brings these skills to our feature on tummy fat (page 18).



## EMMA STIRLING

Dietitian Emma Stirling reveals the inconvenient truth about food labelling in her story *Food labels – what aren't they telling you?* (page 26). With more than 15 years' experience as an accredited practising

dietitian, Emma still takes her time when shopping to read the fine print. "Product reformulations occur all the time and new products are constantly launched, so it pays to learn label-reading tips and tricks. This way, you can constantly tweak your healthy shopping basket," says Emma.

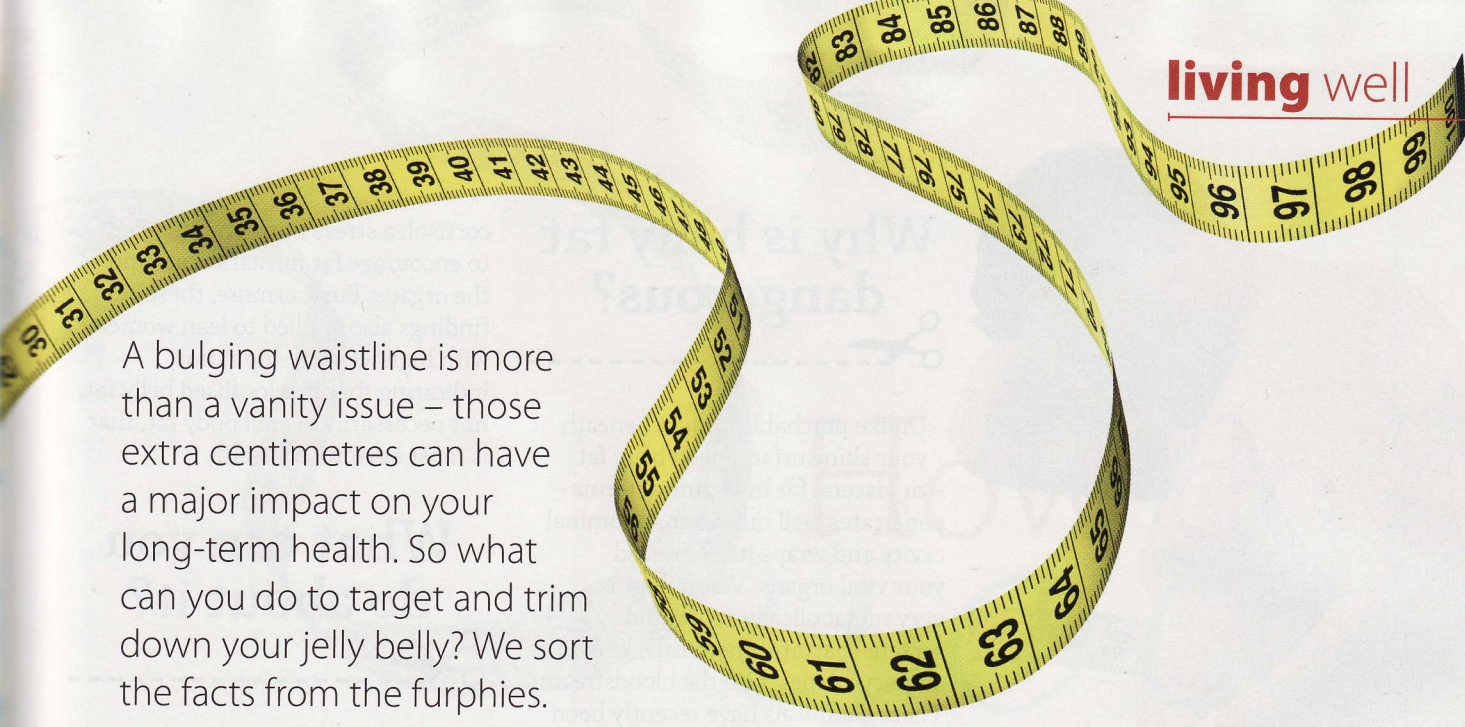


## GAYLE MCNAUGHT

The eyes have it, according to Gayle McNaught's fascinating report, which details the latest scientific discovery that a simple eye scan can predict a person's risk of developing heart disease, high blood

pressure and stroke. "Traditional medicine has looked into our eyes for thousands of years. Now we've come full circle and we're looking into the eyes again," says Gayle, communications manager for the Juvenile Diabetes Research Foundation. See her article on page 132 to find out more.





A bulging waistline is more than a vanity issue – those extra centimetres can have a major impact on your long-term health. So what can you do to target and trim down your jelly belly? We sort the facts from the furrphies.

# Budging that belly

**W**hen you can't do the zip up on last year's pants and your favourite jacket won't meet across your middle, it's a sure sign that you've put on weight around the waist. But, even if you have porked up all over, it's the extra belly fat that will be worrying your doctor. Why all the fuss? Well, developing a spare tyre is a giveaway sign that you're accumulating life-threatening visceral fat in your abdomen. Its dangers have spawned an entire industry dedicated to helping us trim our tummies with the aid of 'miracle' diets, fat-blasting pills and supplements, plus the latest so-called gut-stripping exercise equipment.

With so many conflicting (and sometimes dubious) claims on how best to lose belly fat, it's hard to know where to start. But don't let that put you off – even if your reason for trimming your waistline is the simple desire to trade in your 'keg' for toned and attractive sixpack abs, or just a slimmer silhouette, doing so will bring you major benefits. ➤



## Why is belly fat dangerous?



Unlike pinchable fat just beneath your skin surface, deep belly fat – or visceral fat in technical terms – penetrates well into your abdominal cavity and wraps itself around your vital organs. Visceral fat is very metabolically active and secretes harmful chemicals, known as adipocytokines, into the bloodstream. These chemicals have recently been shown to hasten the development of diabetes. They also encourage cardiovascular disease – a special concern when you have diabetes because your risk of heart problems is already two to four times higher than average, and is further compounded by belly fat and its toxic offspring.

## Why does belly fat accumulate?



While some people are more prone to putting on weight around the middle – men and postmenopausal women, in particular – eating too much and exercising too little carries most of the blame for our ever-spreading waistlines. Other factors include chemical pollutants, such as cigarettes and alcohol, and emotional distress, such as depression, anxiety, anger and stress, which can drive hormonal changes linked with weight gain around the waist.

A US study found that apple-shaped women, that is, those with more abdominal fat, found laboratory challenges more threatening, performed more poorly on tests, and reported more chronic stress. They also secreted significantly more

cortisol, a stress hormone believed to encourage fat formation around the organs. Furthermore, these findings also applied to lean women with high waist-to-hip ratios, indicating that it is localised belly fat, not necessarily overall body fat, that is most harmful to health.

## What can you do about it?



The best insight into the secret life of abdominal fat comes via highly sensitive MRI or CT scans, which are able to target and measure visceral fat stores – the upshot being that reduced kilojoule intake, moderate exercise or a combination of both can effectively reduce it.

However, there are certain key factors that do appear to stoke the fat-burning furnace. A US study at Duke University found that exercising at a higher intensity enhanced visceral fat loss and, encouragingly, the more often people exercised, the faster the fat melted away. In another study focused on post-menopausal women with type 2 diabetes, it was found that those adding moderate-intensity aerobic exercise and a reduced-kilojoule diet saw a 13 per cent reduction in visceral fat tissue. This is compared to a 7.5 per cent reduction in the group aiming to lose weight by diet alone.

Resistance training – great for bone health and muscle tone – has also been shown to reduce abdominal fat.

And, don't let stubborn bathroom scales sabotage your efforts. Studies indicate that you can lose fat and build muscle, even with no apparent weight loss. The take-home message: make small, realistic changes in your eating and activity habits, then stick with them for the long haul.



# How do you measure up?

As well as looking at healthy weight ranges, based on the Body Mass Index (BMI), it's advisable – especially for men and postmenopausal women – to take on board strong evidence that shows your waist measurement is a key health indicator. Here's how to check whether yours puts you in an at-risk category.

- 1 Perform the measurement directly on your skin, or over light clothing. Use a mirror or have someone assist you to make sure the tape measure is even.
- 2 Position the tape measure snugly around your waist, at the midpoint between the top of your hip bone and lowest rib, roughly about the level of your belly button. Don't just assume

the size of your pants in centimetres is your automatic waist measurement. Many men wear their trousers slung below their waistline.

- 3 Take the measurement after a normal exhalation.

- 4 Bear in mind that your ethnic background plays a role in determining your healthy waist measurements.

Visit [www.measureup.gov.au](http://www.measureup.gov.au) for more information. ▶

## Normal to high risk waist circumference

	Waist circumference
<b>Women</b>	
Low risk	Under 82cm
Increased risk	82-87cm
High risk	88+ cm
<b>Men</b>	
Low risk	Under 94cm
Increased risk	94-101cm
High risk	102+ cm

Studies indicate that you can lose fat and build muscle even with no apparent weight loss.

# Exercise benefits fact **OR** fiction?

The truth is that losing belly fat is like any other kind of weight loss – you need to ramp up the activity in your day to see results. Start easy. The important thing is getting started.

**Spot-reduction will target that tummy fat.**

## FICTION

While recent research suggests visceral fat may respond to certain dietary and lifestyle changes, you cannot spot-reduce belly fat alone. Diet and exercise will promote weight loss from all parts of the body but you generally lose fat in the reverse order to which you put it on. So, if it goes on your backside or belly first, these are the last places you'll see it disappear.

**Belly exercises won't give you a sixpack.**

## FACT

If you're carrying excess tummy fat, any strengthening you do to your abdomen will be hidden until you can shed kilos. However, strengthening your abdominal muscles will improve your posture (which can have real benefits for aiding or preventing back pain), and so you stand taller. This makes any tummy you have look less saggy than if you're hunched in an S-shape.

**Every movement burns energy.**

## FACT

Lots of regular incidental movement will boost your metabolism. Use, as your mantra, the saying, 'A little bit of something is better than a whole lot of nothing.' Walk to buy milk instead of driving and stand or pace while you're on the phone. Make these actions part of your daily routine.

**After exercise, your body continues to burn up energy.**

## FACT

It's true! After a 45-minute brisk walk, your body can continue to burn kilojoules vigorously for up to an hour. With an intense 30-minute workout, this benefit can last for up to four hours. Exercise is also a great way to lower blood glucose levels, as the effects of a workout can last up to 16 hours, reducing your insulin needs and, over time, your weight. Consider the satisfaction of collapsing on the couch after a heart-pumping activity session, knowing you're burning more kilojoules while you're sitting there.

**Ab machines will trim your tummy fast.**

## FICTION

Equipment targeting specific muscle groups won't fast-track weight loss, but physical activity will. The rubbish bins of Australia are littered with workout tools that never delivered that promised 'miracle transformation'. A good exercise routine doesn't require expensive equipment. In fact, your best weight-loss tool is your own mind: willpower is free, doesn't rust and comes with a great rewards program.

**Getting a little breathless is good.**

## FACT

Just picking up the pace when you're walking will push your body to burn more energy. With repetition, it will raise your fitness level. Choose an activity, such as walking up a hill, then walk at a pace that makes you a little breathless. You'll soon find it gets easier and you're not panting as hard. When you're ready, push a bit harder. Approaching fitness in small steps like this is the most sustainable way to get fit and stay fit. ■