

# The X-PERT

## Diabetes Programme Prevention and Management

**X-PERT  
HEALTH**  
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**What is it?** Whether you have just been diagnosed with diabetes or had it for years, the X-PERT Diabetes Programme will provide you with all the information you need to look after your diabetes.

Learn about your diabetes and have the opportunity to explore and address your concerns.



### Session 1 What is diabetes?

How the body digests food, controls blood glucose levels and obtains energy. 7 lifestyle factors for optimal health. Health results - what do they mean? Setting goals: my health results

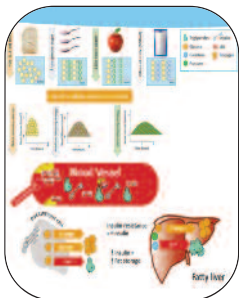
### Session 2 Nutrition for Health

Weight management. Eating for good health. Dietary approaches - low fat, low carb, Mediterranean, intermittent fasting and addressing myths. Fat awareness. Dietary self-assessment. Setting goals: my dietary approach



### Session 3 Carbohydrate awareness

Carbs (starches & sugars) and blood glucose control. Which foods contain carbs? Considering the amount and type. Basic carb counting. What is my daily intake of carbohydrate. Assessing carb tolerance. Setting goals: my carb intake



Leading the way to healthy living.....

## Session 4 Understanding food labels

Food labelling guidance for different dietary approaches. Reference intakes (RIs) - what are they? Nutritional claims: what do they mean? Physical activity - benefits and recommendations.

Setting goals: the foods I buy & activity

	Low Fat Less than 3g per 100g	Medium Fat 3g to 6g per 100g	Low Carb Less than 12g per 100g
Carbs	To specify	To specify	Less than 12g per 100g
Sugars	Less than 5g per 100g	Less than 5g per 100g	Less than 5g per 100g
Fat	Less than 3g per 100g	To specify	To specify
Saturates	Less than 1g per 100g	To specify	To specify
Fibre	More than 12g per 100g	More than 12g per 100g	More than 12g per 100g
Salt	Less than 0.5g per 100g	Less than 0.5g per 100g	To specify

Aspartame is a sugar sweetener. It is not a carbohydrate.



## Session 5 Complications?

Avoiding hypoglycaemia and hyperglycaemia. Promoting long-term health and preventing diabetes complications. Work, driving, insurance, travel.

Setting goals: reduce risk

## Session 6 Are you an X-PERT?

Recapping with the X-PERT Game

What resources will help me?

Revisiting my health profile

Have my needs been addressed?

What have I achieved?

Setting goals for continued success



## X-PERT can.....

- Improve your diabetes control by reducing blood glucose
- Help you lose weight and reduce your waist size
- Help you identify healthy foods whilst increasing your freedom of choice
- Help you become more active
- Increase confidence and ability to look after your health
- Improve blood pressure and blood fats
- Reduce depression and improve quality of life
- Reduce your medication by halting/reversing progression

To book on a programme find your nearest centre by visiting:  
[www.xperthealth.org.uk/contact/x-pert-health-centres](http://www.xperthealth.org.uk/contact/x-pert-health-centres)

