

## Admin, LACO

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**Subject:** FW: Submission to the Inquiry into the role of diet in type 2 diabetes prevention and management.

**From:** Craig

**Sent:** Wednesday, 26 September 2018 10:49 PM

**To:** Committee, Education & Health Standing <[laehsc@parliament.wa.gov.au](mailto:laehsc@parliament.wa.gov.au)>

**Subject:** Submission to the Inquiry into the role of diet in type 2 diabetes prevention and management.

Sadly I missed the opportunities we have today to prevent Diabetes 2, But now I have it (Insulin Resistance), it is clear that there are ways to manage it.

I note in point form some observations ::

Avoid Carbs – they affect glucose levels as much as sugar – just take longer.

Know what foods contain sugar that are 'hidden' – fruit, sauces, pastries (pies etc), all breads – if not sugar too many carbs.

Red wine actually drops my glucose levels.

The morning effect – my body is very protective - thinks I am in famine - if I haven't eaten 8-10 hours after dinner at night, I can wake up with a glucose level significantly higher than when I went to bed – don't go to bed on an empty stomach – nuts etc.

I had a dietician help with early time when I was diagnosed – sadly she thought carbs were ok.

Exercise after eating doesn't seem to help glucose levels much.

It is important to monitor glucose levels with new foods/new food combinations etc – the government removing support for test strips has caused many, me included, to stop monitoring-it is now too expensive. It was a really dumb / cruel move. I rely on memory and hope my reactions have not changed over time.

Craig



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