

**First line advice:  
For Patients with Impaired Glucose Tolerance**

**This information sheet has been provided to give you basic initial information about what to do if you are suffering from Impaired Glucose Tolerance (IGT) or Impaired Fasting Glycaemia (IFG). This information sheet is only intended for use until you can see a dietitian and is not intended to replace any advice that your dietitian will give you. Ensure your GP has booked you an appointment with a dietitian at the time you receive this sheet.**

Impaired glucose tolerance is when your body is less sensitive to the hormone Insulin. Insulin acts on body cells to enable glucose to enter them from the bloodstream. Reduced sensitivity to insulin means that more glucose remains in your blood and your body cannot use the glucose needed for energy effectively. You are then at greater risk of developing Diabetes, but do not currently have diabetes.

<b>Diet</b>	<b>Activity</b>
Ensure 3 regular meals a day – avoid skipping meals	Aim for at least 30 minutes every day e.g. walking, swimming, cycling
Include starchy carbohydrates at each meal (e.g. bread, rice, pasta, cereal, chapatti) – but watch your portion sizes	30 minutes can be broken down into shorter, more manageable times that you can fit into your daily life, e.g. climb stairs, park the car farther away from your destination
Increase the amount of fibre in your diet by wholegrain foods, seeded varieties of bread, or by adding beans, lentils and pulses to your foods	More ideas include taking a brisk walk during your lunch hour or after dinner, gardening, using the stairs instead of the lift and getting off the bus/train a stop earlier
Aim for 5 portions of fruit and vegetables a day (e.g. apple, pear, 2 clementines, handful of grapes or berries, small banana, 2 tablespoons vegetables, small bowl of salad). Be careful with fruit juice – minimise to 1 small glass per day.	Vary the activities you do to avoid getting bored and try listening to your favourite music to keep you motivated, try doing something active after meals with your family or friends
Minimise foods high in fat and sugar (e.g. biscuits, cakes, crisps, chocolate, sweets, fried foods) to help control your weight and waist measurement	Build up activity gradually to a target level e.g. start with 5-10 minutes and build up to 30 minutes a day

Minimise sugary drinks (e.g. sweet squash and sugary fizzy drinks) – go for diet, zero or sugar free drinks instead. Avoid adding sugar to tea or coffee (try artificial sweeteners if necessary)	Aim for activity at a level where your heart rate is slightly higher than normal, or you are a little out of breath e.g. walking, swimming, cycling
Minimise fried foods – try grilling, baking, boiling, steaming, poaching and remove any visible fat	Try out local activities or a dance class ( <a href="http://www.harrowpct.nhs.uk/uploads/GA.pdf">http://www.harrowpct.nhs.uk/uploads/GA.pdf</a> )
Minimise alcohol as this can contribute to weight gain Aim max 2-3 units for women, 3-4 units for men / day With Alcohol free days in between and avoid binge drinking	Try making activity social – invite friends and family to join you!

- Aim to be a healthy weight for your height: BMI (Body Mass Index) (<http://www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx>)
- Even if your weight is within a healthy range, aim for within the recommended waist measurements:

	Increased Risk	High Risk	BMI
<b>Men</b>	94-101cm (37"-39")	≥102cm (40")	<19 Underweight 20-24 Normal 25-29 Overweight 30> Obese
<b>Men (Asian)</b>	-	≥90cm (35")	
<b>Women</b>	80-87cm (32"-34")	≥88cm (35")	
<b>Women (Asian)</b>	-	≥80cm (32")	

This information leaflet was produced by the Community Dietitians at The London North West Healthcare NHS Trust, Northwick Park Hospital, Watford Rd, Harrow, HA1 3UJ

This diet sheet is intended for information only. It is not a substitute for proper medical diagnosis or dietary advice given by a Registered Dietitian. The advice is not appropriate for certain medical conditions such as diets that require the exclusion or restriction of particular foods. If in doubt, please check with your medical practitioner.  
Last review January 2014  
Review date January 2016  
Reference:62014