

# Better Eating for Type Two diabetes & You (BETTY) Course

## What the course involves:

- For people with Type 2 diabetes
- Attend for 10 weeks
- 2 hours per week

## Topics covered:

- Tailored information on activity
- Looking after your feet
- Food and lifestyle: Information on foods to choose to improve diabetes.
- Medications: will be reduced and altered as appropriate.
- Blood tests for diabetes: Understanding what these mean
- Weight monitoring: Helping you achieve the weight and shape you want to be.



## The aim of the course:

- To help you to improve your blood glucose levels minimising the risk of long term diabetes complications.
- To reduce diabetes medications, if you take them, due to changes you make as part of the course.
- For those recently diagnosed achieving diabetes remission\*.

\*This will not mean your diabetes is cured but you may be able to manage your diabetes and achieve results similar to those without diabetes by diet and lifestyle changes rather than medication.

**Please ask your GP or practice nurse or contact the Diabetes Specialist Dietitians, on 01709 424297, to find out more information.**