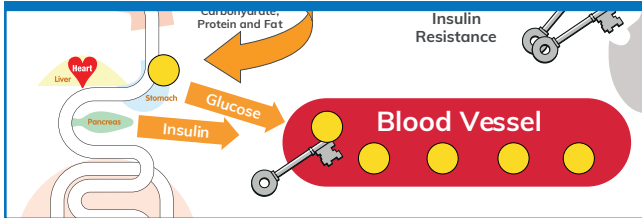


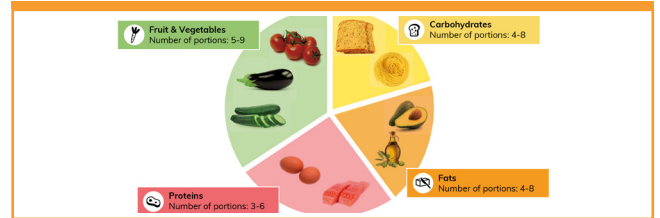
# Programme Summary

The X-PERT Diabetes programme is delivered over six sessions, which are outlined below. If you have bought or been given this handbook but are not attending a programme, all of the key messages from these sessions are still covered. If you require additional support, our free online forum (accessible at [www.xperthealth.org.uk/forums](http://www.xperthealth.org.uk/forums)) is open to everyone.



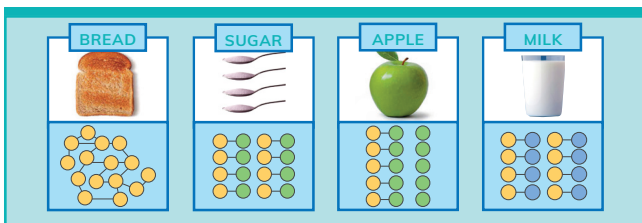
## Session 1: What is Diabetes?

What happens to food when we eat it?  
 What is Diabetes?  
 Insulin and insulin resistance.  
 Health results: what do they mean?  
 The 7 lifestyle factors for optimal health.  
 Setting a goal: what do I want to get from the programme?



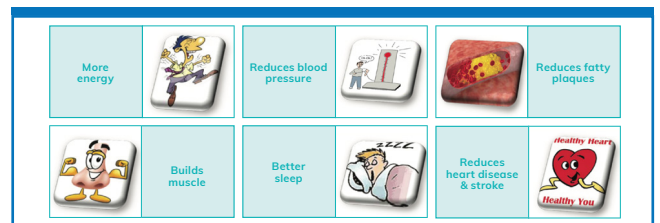
## Session 2: Nutrition for Health and Fat Awareness.

Weight management: eat less, move more.  
 Nutrition for Health: food groups & portions.  
 Dietary approaches: low fat, Mediterranean, low carb, and intermittent fasting.  
 Fat awareness.  
 Dietary self-assessment.



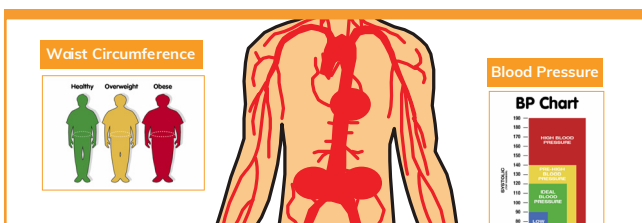
## Session 3: Carbohydrate Awareness.

Importance of carbohydrate AMOUNT.  
 Considering the TYPE of carbohydrate.  
 Fibre and how it protects us.  
 Estimating carbohydrate content.  
 How much carbohydrate am I having?



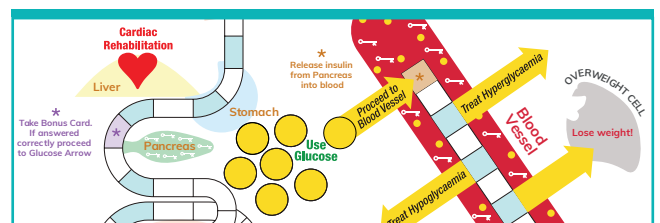
## Session 4: Psychology of Eating, Food Shopping, and Physical Activity.

Psychology of eating, and causes of hunger.  
 Challenges when food shopping.  
 Reading and understanding food labels.  
 Benefits of physical activity.  
 How to increase physical activity levels.



## Session 5: Possible Complications.

Low and high blood glucose levels.  
 How diabetes can affect long-term health.  
 Reducing risk of long-term complications.  
 Managing stress and sleep.  
 Living with diabetes.



## Session 6: Recapping and the Way Forward.

Recapping key messages and "Are you an X-PERT?" game (group programme only).  
 What's Next?  
 Meal ideas and recipes.  
 Setting goals: the way forwards.