

## POSITIVE CONFESSIONS FOR HEALTHY LIVING

**1**

I daily receive grace to eat and drink with a renewed mind - I am equipped and able to overcome my old ways of eating - I will not conform to habits of careless and uncontrolled eating and drinking. (Romans 12:2)

**2**

I receive grace, character and commitment to eat at the right times and exercise regularly, I will do the right thing which will benefit me. (1 Corinthians 6:12)

**3**

Father you know my body and you will direct me on how to eat. I receive the desire for healthy foods and ask that you remove cravings for unhealthy foods. (1 John 5:14-15)

**4**

Today I take back control over my appetite and portions, - I will eat in a manner that is 'pleasing' to God (Proverbs 23:19-21)

**5**

I am here for a purpose and ill health will not hinder me in fulfilling God's will for me (Jeremiah 29:11)

**6**

God desires that I prosper in Health - His desire shall be my reality as I take positive steps to do the right things. (3 John 1:2)

## MAKING CHANGES 1

### TYPE 2 DIABETES



Be more physically active - aim for 150 minutes of exercise a week, that's 30 minutes a day in one go or as 3 x 10 minute sessions. Also include muscle strengthening exercises at least twice a week.

Reducing your portion sizes at meal times can help reduce your calorie intake. Aim to have half of your plate filled with vegetables or salad, a quarter of your plate filled with starchy carbohydrates (plantain, yam, rice, eba, pounded yam, ground rice, fufu, dumpling, green banana etc..) and a quarter of your plate filled with protein (meat, chicken, fish or beans)



Aim for a healthy, balanced diet including foods low in salt, fat and sugar; eat more vegetables, fruits and wholegrains.



Include low glycaemic foods (foods that break down and release glucose slowly) such as brown rice, basmati rice, porridge and wholegrain bread can help improve your blood glucose control.



This information sheet is designed to kick start you in making healthy changes to your diet and lifestyle.

If you have type 2 Diabetes or at risk, these points may help you -they are not to replace your GP /Healthcare Professional advice.