



Congratulations on making this step to self managing your **Impaired Glucose Tolerance**. This resource pack provides you with information about Healthy Living NT and information to help you understand and manage your IGT / pre-diabetes.

Introduction to Healthy Living NT

- Privacy Statement
- Client Education Services
- HLNT Membership
- Consumer Charter
- Evaluation Form
- Information Sheet List

Important Information

- ❖ Understanding Pre-Diabetes
- ❖ Alcohol
- ❖ Understanding Food Labels
- ❖ Food Choices for People with Diabetes
- ❖ Physical Activity
- Sources of Carbohydrate Foods
- Free Foods
- Glycaemic Index for Carbohydrate Foods
- What is a Serve of Fruit/Veg
- What is a Serve of Meat/Dairy

Recommended Additional Information – available on request or website

- ❖ Glycaemic Index
- ❖ Eating Out
- ❖ Alternative Sweeteners
- ❖ Hints for Healthy Cooking
- ❖ Healthy Snacks
- Melioidosis

We have also included a copy of the *Territory Way* magazine. If you would like to receive this on a regular basis please see our information on membership.

If you have any questions regarding the contents of this information pack, or need further advice and support, we encourage you to contact us in Darwin on (08) 8927 8488, or Alice Springs on (08) 8952 8000 to make an appointment with the Diabetes Nurse Educator and/or Dietitian, or visit our website at www.healthylivingnt.org.au

Regards

The Healthy Living NT Team

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Healthy Living NT
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