

Wellness Plan – Abbie McConnell

17th December 2022

Referral – as discussed, I would highly recommend booking in with one of the following practitioners. They are naturopaths and nutritionists who specialise in Type 1 Diabetes and I believe would be able to really assist with helping you with improving your quality of life and the management of your diabetes on a day to day level. All offer online appointments. Have a look at their websites and book in as soon as possible so they can get started on helping you.

Vicky Ellenport - <https://thenutritionfactor.com.au/>

Carrun Squires - <https://www.carrunsquires.com/>

Sharon Munsie - <https://www.restorativenutrition.com.au/>

Janet Haworth - <https://www.janethaworth.com/>

Dietary Advice:

- Ensuring you are eating a diet high in low glycaemic index foods, wholegrains, fruits and vegetables is important in the management of your glucose levels and diabetes.
- It is recommended that you book in with one of the practitioners suggested above as they specialise in type 1 diabetes and will be able to provide you with specific dietary advice targeted at your own individual situation.
- General dietary advice includes:
 - Enjoy filtered water daily
 - Make the swap to organic fruits and vegetables where possible to reduce the toxin load on your body – your kidneys are responsible for removing toxins from your body so we want to give the least amount of work to do as possible. Clarence Valley

Organics does a fruit and vege box delivery – have a look on their website

<https://www.clarencevalleyorganics.com.au/>

- Eat 5-6 smaller meals throughout the day help stabilise metabolism and prevent malnutrition – this also reduces the load on your kidneys
- Reduce salt in the diet to less than 2 grams per day – salt containing foods includes processed foods like ham, bacon, salami and sausages, olives, cheese, potato chips, tinned soups, bread
- Eliminate all caffeine containing beverages (black tea, coffee, cola, chocolate), refined sugars, soft drinks, and alcohol as these impact your kidney health
- Diet should focus on wholegrains (so not white bread, pasta, rice etc), fresh fruits and vegetables, good fats (nuts, seeds, avocados, fish) and protein (the amount of protein needs to be confirmed in relation to your kidney function)
- There are a huge range of herbal teas you can get from the supermarket. Some that you may like to try include peppermint, ginger, rooibos (this tastes the most like normal tea and you can have this with milk), or some of the 'sleepy' tea mixes which would be really nice for promoting relaxation
- Smoothies may be a good way to get some nutrients into your body especially when you are not feeling hungry. Here are some recipes you may like to try:

Berry Smoothie

Ingredients:

1-2 cups of water, coconut water or nut milk

½ cup of mixed frozen berries

½ cup of yogurt or coconut yogurt

1 tablespoon of hemp seeds

1 tablespoon of ground flaxseed meal

1-2 tablespoons of pre-soaked chia seeds

Method - Blend all ingredients together (adding additional liquid if required for consistency).

Energy Boosting Antioxidant Smoothie

Ingredients

- 1 cup frozen blueberries
- 1/2 cup frozen strawberries
- 1/2 cup (packed) baby spinach
- 1/2 avocado
- 1/4 cup raw walnuts
- 1 teaspoon hemp seeds
- 1 cup unsweetened nut milk, coconut water or water.

Method - Blend all ingredients together until smooth and creamy. Drink and enjoy!

Greens Smoothie

Ingredients

- 1 cup of spinach (fresh)
- 1/2 cup of pineapple
- 1/2 avocado
- 1/2 mixed berries (blueberries, strawberries)
- 2 tablespoons of hemp seeds
- 2 tablespoons of pre-soaked chia seeds
- 1 cup of water or coconut water

Additional ingredients

- 1/2 a frozen banana or ice cubes
- Greens powder
- Cucumber
- Celery
- Mint
- Flaxseed meal or oil

Method - Blend all ingredients together until smooth and creamy. Drink and enjoy!