

# Health and social

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Hollie Kelly- D1 Justify how the two-day diet plan meets the dietary needs of the two service users Type-2 diabetes Roger I have transformed Rogers two day diet plan to ensure he does not take in low carbohydrates as they are high in fats. I have only used complex carbohydrates to form part of Roger's diet. I have tried to keep Rogers diet low in fat and sugar with only obtaining a small amount of fat and sugar in his two-day diet plan. In general, people with type 2 diabetes have a life span that is five to ten years less than those without the disease.

The most common long-term effect of type 2 diabetes is damage to blood vessels. Because of this, diabetics are twice as likely to develop cardiovascular disease, which can result in blocked arteries, and eventually lead to a stroke or heart attack. The main cause of death in type 2 diabetes sufferers is cardiovascular disease and associated complications. Obese Susan I have transformed Susan's two-day diet plan to ensure her calorie intake isn't as high as it was. I have maintained a balanced diet that should fill her up for both days. I have ensured her intake of fats and sugar is to a minimum.

I have balanced out her intake of dairy products, carbohydrates and protein so it helps her lose weight faster to obtain a healthy lifestyle. Obesity can reduce your life expectancy by up to 9 years and many chronic diseases can be prevented by maintaining a healthy weight. Being overweight can also put extra pressure on joints and limbs, making activity quite difficult and sometimes any movement at all can be painful. Other physical problems caused by obesity are that obese women who become pregnant have a higher risk pregnancy than that of a healthy weight.