



Congratulations on making this step to self-managing your **Gestational Diabetes**. This resource pack provides you with information to help you understand and manage your diabetes.

### Important Information

- Source of Carbohydrate Foods
- Glycaemic Index for Carbohydrate foods
- Free Foods
- What is a Serve of Fruit/Veg?
- What is a Serve of Meat/Dairy?
- What is a Serve of Discretionary Food?

### Introduction to Healthy Living NT

- Privacy Statement
- Client Education Services
- HLNT Memberships
- Consumer Charter
- NDSS Access Points



Please take a few minutes to provide your feedback by completing our short survey. Your responses are confidential and will help us to keep delivering interesting and useful sessions for people with diabetes.

[Or click here to complete the survey](#)



Further Healthy Living NT resources can be found on our website:

[www.healthylivingnt.org.au/resources](http://www.healthylivingnt.org.au/resources)



Additional information is available from the National Diabetes Service Scheme (NDSS) website: <https://www.ndss.com.au/about-diabetes/gestational-diabetes/>

The NDSS may contact you to provide additional resources.



To register for the MyDesmond Baby Steps Program Visit:









<https://www.ndss.com.au/services/support-programs/baby-steps/> Or Email: [babysteps@ndss.com.au](mailto:babysteps@ndss.com.au).

If you have any questions or need further assistance and support, please don't hesitate to contact us




Regards,  
The Healthy Living NT Team

## Free Foods

Free Foods are low in carbohydrate, fat, protein and energy, but high in fibre, vitamins and minerals. They are a great way to bulk up your meals and keep you fuller for longer without affecting your blood glucose (sugar) levels.

Free Vegetables					
Alfalfa Sprouts		Chillies		Okra	
Artichoke		Choi Sum		Radish	
Asparagus		Choko		Rhubarb	
Bamboo Shoots		Cucumber		Shallots	
Bean Sprouts		Eggplant		Silverbeet	
Bitter Melon		Gai Lum		Snow Peas	
Bok Choy		Gherkin		Spinach	
Broccoli		Green Beans		Spring Onion	
Brussel Sprouts		Kale		Squash	
Cabbage		Kohlrabi		Tomato	
Capsicum		Leek		Watercress	
Cauliflower		Lettuce		Zucchini	
Celery		Mushroom			

\*These free vegetables could also be made into soup with reduced salt stock.

Free Fruits		
Finger limes	Loquats	Strawberries
Lemon	Mulberries	Raspberries
Lime	Passionfruit	
		

### Darwin

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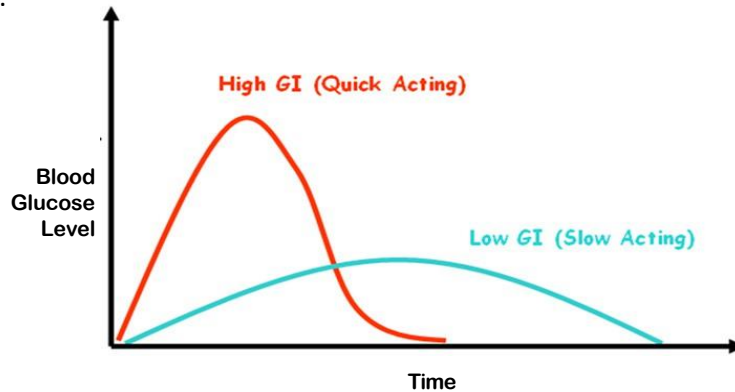


## Glycaemic Index (GI) for Carbohydrate Foods

The **Glycaemic Index (GI)** is a measure of how quickly a carbohydrate food is digested into glucose (sugar) then released into the blood stream to be used for energy by the body.

**Carbohydrate foods** with a lower GI are usually healthier options as they digest more slowly, keep you fuller for longer and result in a lower blood glucose level.

It is still important to consume all carbohydrate foods in moderation, as large portions of a lower GI carbohydrate food can still cause a high blood glucose response.



LOWER GI ✓✓	MEDIUM GI ✓	HIGHER GI X
<b>BREAKFAST CEREALS:</b> Traditional porridge/Rolled oats Multigrain Weet-Bix Muesli (Carmen's classic fruit & nut, Morning Sun natural style) Guardian Special K All-Bran	Instant/Quick oats Weet-Bix (original, hi-bran) Vita Brits Just Right Sustain Sultana Bran All-Bran wheat flakes Nutrigrain	Cornflakes Crunchy Nut Rice Bubbles Coco Pops Cheerios Fruit Loops Puffed wheat
<b>BREADS:</b> Wholegrain Multigrain Pumpernickel Traditional dense rye Burgen wholegrain low GI (rye, soy-lin, wholemeal & seeds, wholegrain & oats, fruit & muesli)  Coles bakery high fibre low GI 7 seeds & grains Woolworths/Coles high fibre low GI white Sourdough Corn/Wheat tortilla Roti, Naan, Chappati (whole wheat or chickpea flour)	Rye Pita Crumpet Taco shell Roti, Naan, Chappati (white or wholemeal flour)	White Turkish Focaccia Ciabatta Wholemeal English muffin White bagel

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LOWER GI ✓✓	MEDIUM GI ✓	HIGHER GI X
<b>GRAINS:</b> Pasta SunRice Doongara low GI Clever Rice Fresh rice noodles Mung bean noodles Soba noodles Quinoa Buckwheat Pearl barley Pearl couscous Bulgar Semolina Freekah	Gnocchi Long grain basmati rice Arborio rice Red, black and wild rice Dried rice noodles Vermicelli noodles Hokkien noodles Udon noodles Couscous Polenta	Jasmine rice Medium grain brown rice White rice Sticky rice Congee Millet Tapioca
<b>STARCHY VEGETABLES:</b> Sweet corn Yam Tarro Carisma potato All dried or canned legumes (chickpeas, lentils, red kidney beans, baked beans)	Sweet potato (orange)	Sweet potato (purple) White potato (new, desiree, sebago, pontiac) Instant mash
<b>FRUIT:</b> Apple Pear Orange Mandarin Banana Mango Peach Nectarine Plum Kiwi Fruit Berries Grapes Cherries	Papaya/Paw Paw Rockmelon/Cantaloupe Honeydew melon Pineapple Apricots Canned peaches Sultanas Raisins Cranberries	Watermelon Lychee
<b>DAIRY AND ALTERNATIVES:</b> Milk Milk powder Yoghurt Custard Calcium fortified soy milk Calcium fortified almond milk		Rice milk Oat milk Sweetened condensed milk
<b>CRACKERS:</b> Wholegrain/Multigrain Ryvita multigrain Vita-Wheat 9 grain	Ryvita original	Cruskits Rice cakes Rice crackers Corn thins Sao Salada Water crackers

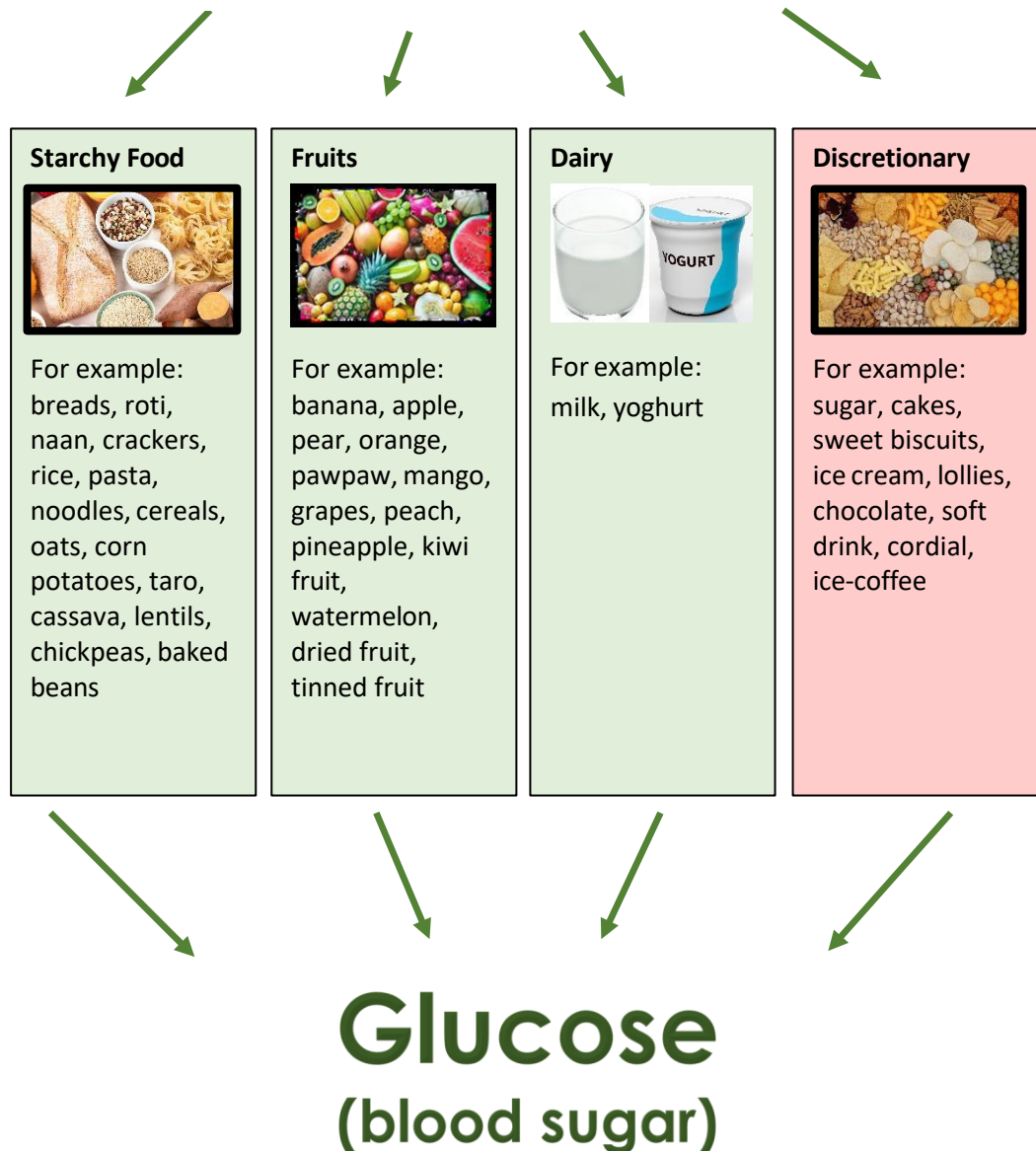
## Sources of Carbohydrate Foods

Carbohydrate foods are broken down by the body into glucose (sugar). This glucose then travels through our blood vessels into our muscles and brain to be used as energy for the body.

Many carbohydrate foods also provide important nutrients including vitamin C, calcium and folate, as well as fibre to keep our gut healthy. People with diabetes do not need to avoid carbohydrate foods, instead it is recommended to consume them in moderation and spread evenly across the day.

However, there are some highly processed carbohydrate foods that come under the discretionary foods category. This means they are low in nutrients but high in refined sugars, saturated fats or sodium (salt). These types of carbohydrate foods should be limited in a healthy eating plan for everyone.

# Carbohydrate



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# What is a **SERVE** of fruit?

It is recommended that most people eat two (2) serves of fruit each day. Fruit is a good source of vitamin C and folate and can help reduce the risk of chronic disease.

Fruit comes in many shapes and sizes, meaning the serve sizes are different. For some fruits like bananas and apples, one whole fruit is equal to one serve. For larger or smaller fruits like melons, mangos or apricots this is not the case.

Fruit contains the naturally occurring sugars fructose and glucose. These are types of carbohydrates, which our bodies use for energy. Having a serve of fruit as a snack between meals is a great way to incorporate fruit into your diet each day. People who are more active or who have higher energy requirements may have more than two serves of fruit each day.

A serve of fruit equates to:

<b>Apple</b> Serve: 1 medium Carbohydrate: 13g 	<b>Apricots</b> Serve: 2 medium Carbohydrate: 10g 	<b>Banana</b> Serve: 1 small Carbohydrate: 17g 	<b>Blackberries</b> Serve: 1 cup Carbohydrate: 15g 
<b>Blueberries</b> Serve: 1 cup Carbohydrate: 18g 	<b>Cherries</b> Serve: 1 cup Carbohydrate: 17g 	<b>Dragon fruit</b> Serve: ½ medium Carbohydrate: 11g 	<b>Dried apricots</b> Serve: 4 halves Carbohydrate: 9g 
<b>Dried sultanas</b> Serve: 1 tablespoon Carbohydrate: 14g 	<b>Figs</b> Serve: 3 medium Carbohydrate: 10g 	<b>Grapefruit</b> Serve: 1 medium Carbohydrate: 11g 	<b>Grapes</b> Serve: ½ cup Carbohydrate: 13g 
<b>Jackfruit</b> Serve: ½ cup Carbohydrate: 14g 	<b>Kiwi fruit</b> Serve: 2 medium Carbohydrate: 14g 	<b>Lemons</b> Serve: 2 medium Carbohydrate: 4g 	<b>Lychees</b> Serve: 6 small Carbohydrate: 12g 
<b>Mandarins</b> Serve: 2 medium Carbohydrate: 10g 	<b>Mango</b> Serve: 1 medium cheek Carbohydrate: 14g 	Serve: 1 cup Carbohydrate: 24g 	<b>Nectarine</b> Serve: 2 small Carbohydrate: 12g 
<b>Orange</b> Serve: 1 medium Carbohydrate: 13g 	<b>Papaya</b> Serve: 1 cup Carbohydrate: 10g 	<b>Passionfruit</b> Serve: 4 small Carbohydrate: 4g 	<b>Peach</b> Serve: 1 medium Carbohydrate: 12g 
<b>Pear</b> Serve: 1 medium Carbohydrate: 12g 	<b>Pineapple</b> Serve: 1 cup Carbohydrate: 12g 	<b>Plums</b> Serve: 2 medium Carbohydrate: 14g 	<b>Rambutans</b> Serve: 4 small Carbohydrate: 10g 
<b>Raspberries</b> Serve: 1 cup Carbohydrate: 10g 	<b>Rockmelon</b> Serve: 1 cup Carbohydrate: 9g 	<b>Strawberries</b> Serve: 1 cup Carbohydrate: 4g 	<b>Watermelon</b> Serve: 1 cup Carbohydrate: 10g 

FRUIT – Recommended Daily Serving								
	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years	19-50 years	51-70 years	70+ years
Male	1	1 ½	2	2	2	2	2	2
Female	1	1 ½	2	2	2	2	2	2

# What is a **SERVE** of vegetables?

It is recommended that most people eat five (5) serves of vegetables each day. Vegetables are important because they can help protect us against chronic diseases including heart disease, stroke and some types of cancer.

Vegetables are:

- ✓ high in fibre, improving gut health and increasing the feeling of fullness
- ✓ low in energy (kilojoules) assisting weight management
- ✓ high in vitamins and minerals to keep our immune system strong

Some vegetables contain starch. This is a type of carbohydrate, which our bodies use for energy. Starchy vegetables include legumes, corn, potato and sweet potato, taro and cassava.

Non-starchy vegetables are low in carbohydrate, having minimal effect on our blood glucose levels.

A serve of the vegetables group equates to:

**Non-starchy vegetables**

(contain 3 grams or less carbohydrate per serve)

**Cabbage**

Serve: 1 cup raw



**Celery**

Serve: 1 cup raw



**Cucumber**

Serve: 1 cup raw



**Lettuce**

Serve: 1 cup raw



**Spinach**

Serve: 1 cup raw



**Tomato**

Serve: 1 medium raw



**Bok-choy**

Serve: ½ cup cooked



**Broccoli**

Serve: ½ cup cooked



**Capsicum**

Serve: ½ cup cooked



**Cauliflower**

Serve: ½ cup cooked



**Green beans**

Serve: ½ cup cooked



**Zucchini**

Serve: ½ cup cooked



**Semi-starchy vegetables**

(contain 4-8 grams carbohydrate per serve)

**Beetroot**

Serve: ½ cup cooked



**Carrot**

Serve: ½ cup cooked



**Onion**

Serve: ½ cup cooked



**Parsnip**

Serve: ½ cup cooked



**Peas**

Serve: ½ cup cooked



**Pumpkin**

Serve: ½ cup cooked



VEGETABLES – Recommended Daily Serving

	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years	19-50 years	51-70 years	70+ years
<b>Male</b>	2 ½	4 ½	5	5 ½	5 ½	6	5 ½	5
<b>Female</b>	2 ½	4 ½	5	5	5	5	5	5

Serve sizes based on the Australian Dietary Guidelines. Carbohydrate values from the Australian Carbohydrate Counter, Food Works and Calorie King Australia. Pre-prepared and packaged salads and sprouts from salad bars and supermarkets should be avoided in pregnancy.

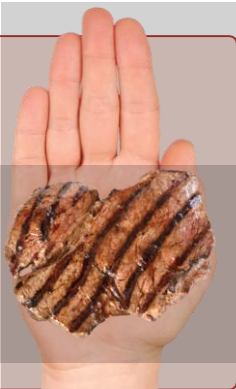






# What is a **serve** of meat?

The meat food group includes lean meat, poultry, fish, eggs, tofu, nuts and seeds and legumes (beans). It is recommended to trim all meats and remove poultry skin to limit saturated fat intake.

These foods are essential as they provide our bodies with many important nutrients such as protein for our muscles. They also supply us with a source of iron, zinc and vitamin B12. Nuts and seeds provide our bodies with essential fatty acids and vitamin E. Fish and seafood are high in omega 3 polyunsaturated fatty acids, in particular herring, sardines and salmon.

Processed meat such as bacon, sausages and salami are high in salt and saturated fat. Therefore they are regarded as discretionary foods and are not included in the meat category.

A serve of this food group equates to:

<p><b>65g</b> Cooked lean meat such as beef, lamb, veal, pork, goat or kangaroo (approx 90-100g raw)</p> 	<p><b>80g</b> Cooked lean poultry such as skinless chicken or turkey (approx 100g raw)</p> 	
<p><b>100g</b> Cooked fish (tinned, fresh or frozen)*</p> 	<p><b>2 large</b> Eggs**</p> 	<p><b>170g</b> Tofu</p> 
<p><b>1 cup</b> Cooked or canned legumes (beans) such as lentils, chickpeas or split peas</p> 	<p><b>30g</b> Nuts, seeds, peanut butter, tahini or other nut or seed paste (no added sugar or salt)</p> 	

MEAT – Recommended Daily Serving								
	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years	19-50 years	51-70 years	70+ years
<b>Male</b>	1	1 ½	2 ½	2 ½	2 ½	3	2 ½	2 ½
<b>Female</b>	1	1 ½	2 ½	2 ½	2 ½	2 ½	2	2

Serve sizes based on the Australian Dietary Guidelines.

\* Raw or smoked seafood and ready-to-eat cooked prawns should be avoided in pregnancy.

\*\* Eggs need to be fully cooked (not runny) in pregnancy.

# What is a SERVE of dairy?

The dairy food group includes milk, yoghurt, cheese and calcium fortified alternatives. It is recommended to choose reduced fat options for most people over two years of age to limit saturated fat intake.

Studies have found that consuming dairy foods:

- ✓ may help lower your risk of high blood pressure, heart disease, stroke, type 2 diabetes and some cancers
- ✓ provides a good source of calcium, assisting bone density
- ✓ gives us other nutrients including protein, iodine, riboflavin and vitamin B12

Plain milk and yoghurt contain the naturally occurring sugar lactose. This is a type of carbohydrate, which our bodies use for energy. Cheese is naturally low in lactose, so does not contain significant carbohydrate. Butter, cream and ice cream are high in saturated fat and sugar, and low in protein and calcium. Therefore they are regarded as discretionary foods and are not included in the dairy food group.

A serve of this food group equates to:

**1 cup (250mL)**  
**Milk**  
(fresh, UHT long-life, reconstituted powdered milk)



**1 cup (250mL)**  
**Calcium fortified plant-based milk**  
(soy, rice, oat or almond)




**1/2 cup (125mL)**  
**Unsweetened evaporated milk**



**3/4 cup (200g)**  
**Yoghurt**



**1/2 cup (120g)**  
**Soft cheese\***



**2 slices (40g)**  
**Hard cheese**




DAIRY – Recommended Daily Serving								
	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years	19-50 years	51-70 years	70+ years
<b>Male</b>	1 1/2	2	2 1/2	3 1/2	3 1/2	2 1/2	2 1/2	3 1/2
<b>Female</b>	1 1/2	1 1/2	3	3 1/2	3 1/2	2 1/2	4	4

Serve sizes based on the Australian Dietary Guidelines.

\* Soft, semi-soft and surface ripened cheeses should be avoided in pregnancy i.e. brie, camembert, blue cheese, fresh or cold ricotta and fetta.

# What is a **serve** of grains?

The grains food group includes breads, cereals, grains such as rice and quinoa, and other grain products such as pasta, noodles and crackers. To ensure you are getting the health benefits from consuming these foods, it is best to choose the wholegrain option.

Whole grain breads and cereals are made up of all three grain layers (bran, germ and endosperm) and provide our bodies with:

- ✓ fibre, to prevent constipation and keep us full
- ✓ carbohydrate, to give our bodies energy
- ✓ B group vitamins such as thiamin

Refined grain products have had the bran and germ layers removed. They are often used by food manufacturers to make processed foods such as sugary cereals, cakes and biscuits. These foods are low in fibre, vitamins and minerals. Therefore they are regarded as discretionary foods and are not included in the grains category.

A serve of the grains group equates to:

**1/2 cup**  
Cooked rice or other grain



**1/2 cup**  
Cooked pasta



**1/2 cup**  
Cooked noodles



**2/3 cup**  
Flake cereal



**1/4 cup**  
Muesli or oats



**1 slice**  
Bread OR  
**1/2 Bread roll**



**1**  
Crumpet



**3**  
Crispbreads



GRAINS – Recommended Daily Serving								
	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years	19-50 years	51-70 years	70+ years
Male	4	4	5	6	7	6	6	4 1/2
Female	4	4	4	5	7	6	4	3

Serve sizes based on the Australian Dietary Guidelines.

# What is a **serve** of discretionary food?

The discretionary food group includes foods and beverages high in energy (kilojoules), added sugar and salt, saturated fat and or alcohol. It is recommended that these foods are enjoyed only sometimes and in small amounts.

Discretionary foods are high in energy, low in nutrients and lack fibre, meaning you may be left feeling hungry or need to consume a larger serve to be satisfied. If eaten in large amounts, discretionary foods can increase our risk of obesity and chronic conditions such as cardiovascular disease, type 2 diabetes and some forms of cancer.

A serve of the discretionary food group is approximately 600 kilojoules, which equates to:

<p><b>1/3</b> (60g) <b>Meat pie or pastie</b></p> 	<p><b>1.5 thick</b> OR <b>2 thin</b> <b>Sausages</b></p> 	<p><b>12</b> (60g) <b>Fried hot chips</b></p> 
<p><b>200mL</b> (2 standard drinks) <b>Wine</b></p> 	<p><b>375mL</b> (1 can) <b>Soft drink</b></p> 	<p><b>400mL</b> (1 1/2 standard drinks) <b>Full strength beer</b></p> 
<p><b>1 tablespoon</b> <b>Butter</b></p> 	<p><b>2 tablespoons</b> <b>Cream</b></p> 	<p><b>2 tablespoons</b> <b>Jam, honey or sugar</b></p> 
<p><b>1/4 cup</b> <b>Coconut cream</b></p> 	<p><b>2-3</b> (30g) <b>Sweet biscuits</b></p> 	<p><b>2 scoops</b> (75g) <b>Ice cream</b></p> 
<p><b>5-6 small</b> (40g) <b>Lollies</b></p> 	<p><b>1 thin slice</b> (40g) <b>Plain cake</b></p> 	<p><b>1/2 small bar</b> (25g) <b>Chocolate</b></p> 
<p><b>10-12 small</b> (30g) <b>Salty crackers</b></p> 	<p><b>2 slices</b> (50-60g) <b>Processed meats (salami, fritz)*</b></p> 	

Serve sizes based on the Australian Dietary Guidelines.

\* Packaged and unpackaged ready-to-eat processed deli meats should be avoided in pregnancy.

## CLIENT EDUCATION SERVICES PROVIDED BY HEALTHY LIVING NT

If you have any type of diabetes, pre-diabetes or a cardiac condition, Healthy Living NT employs diabetes nurse educators, cardiac nurse educators and dietitians who can help you with the management of your condition.

These services can be obtained in Darwin, Palmerston and Alice Springs, or if you live out of town, by phone or by email. Contact Healthy Living NT for more information on Darwin 8927 8488, Alice Springs 8952 8000 or email [info@healthylivingnt.org.au](mailto:info@healthylivingnt.org.au)

### DIABETES

Diabetes nurse educators and dietitians deliver individual and group diabetes education in Darwin, Palmerston and Alice Springs.

#### Type 2 Diabetes and Impaired Glucose Tolerance (IGT)

Getting Started Group - Held monthly on a Tuesday morning in Darwin, monthly on a Wednesday morning in Alice Springs.

#### Insulin Initiation and Stabilisation

Individual appointments are made for people commencing or reviewing their insulin regimen.

#### Gestational Diabetes

Initial weekly group session or individual education session and review within a week to monitor self blood glucose monitoring and dietary changes.

#### People with Type 1

Have high priority. Individual education and support appointments are available, including pump support and pre-pregnancy planning. A children's group is organised in Darwin every three months.

### CARDIAC

Cardiac nurse educators and dietitians deliver individual and group cardiac education in Darwin, Palmerston and Alice Springs.

#### Hospital Education

Daily visits to Royal Darwin, Alice Springs Hospitals and Darwin Private Hospital for inpatient education.

#### Healthy Heart Program (Cardiac Rehabilitation)

A four week rotating program with a two hour session each week which includes one hour each of exercise and one hour of education.

These sessions are held in Darwin and after hours in Palmerston. In Alice Springs individual education sessions and group exercise classes are held weekly.

#### Individual Consults

Individual appointments can be made for anyone not wanting or able to be a part of the exercise program.

#### Pre Procedure Consults

Appointments for people travelling interstate for a cardiac procedure or operation.

## ALL SERVICES

#### Touching Base Group

Drop-in sessions for people with diabetes and heart disease are held monthly in Darwin and Alice Springs.

#### Special Needs Clients

Individual appointments will be made for people who have a physical impairment e.g. deafness, impaired vision, lack of mobility etc. or any client who cannot attend a group education session

#### Out of Town Clients

Appointments will be made to coincide with visits to Darwin or Alice Springs.

Telephone consultations are also available by appointment and we are also happy to correspond with you by email.

#### Interpreter Bookings

Interpreters can be booked for any client for whom English is not a first language

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## HEALTH PROMOTION SERVICES PROVIDED BY HEALTHY LIVING NT

Healthy Living NT provides a range of health promotion services to the NT. Health promotion services provide foundation lifestyle education promoting positive community health outcomes.

Services are primarily available in Darwin and Palmerston and can be arranged in other regional centres through partnering with local agencies. Contact Healthy Living NT for more information on 8927 8488, or email [hpm@healthylivingnt.org.au](mailto:hpm@healthylivingnt.org.au)

### Community Programs

Over an agreed number of sessions lifestyle education is delivered to a variety of community organisations. The sessions provide foundation lifestyle education on diet, physical activity, sedentary behaviour, screen time, sleep and other topics identified by the receiving organisation as being a concern within their client/customer/member base.

All programs utilise a co-design approach where the receiving organisation and Healthy Living NT work together to organise the most valuable program for the organisation. The approach ensures relevant education aimed at the literacy and cultural requirements of the organisations.

The program is available to community groups, Indigenous communities, adult education, youth education, family groups, all ability organisations, migrant organisations, corporate, sporting clubs/associations and more.

### Mini Movers

A free four-week program for 3 to 5-year old's and their parents/carers.

*Mini Movers* focuses on developing fundamental movement skills in a fun games-based program. The program aims to assist children aged 3 to 5 to explore and build confidence in their bodies.

4 programs per year: 2 to the public and 2 to early child educations services.

### Love Your Body

*Love Your Body* is a free four-week program focusing on lifestyle concerns that impact the over 50 population.

Each weekly session is delivered in three parts:

**Move** – participants learn safe exercises they can perform to help them to maintain an active lifestyle as they age

**Meal** - dietary education on a topic of importance to the age group and creation of an affordable and tasty meal based on the topic

**Mingle** – while eating the meal participants have the opportunity to socialise with each other and the facilitators.

### Other Programs

Healthy Living NT partners with local agencies to deliver one-off community talks, health professional presentations, support local events through a variety of information and physical activity stalls/stations, and partner with other NT based health service providers to enhance opportunities for positive health outcomes throughout the NT.

Healthy Living NT also offers workplace wellness programs; some fees may apply depending on the type of program.

These programs include **Seniors Resistance, Power Up, Stronger Together, Mummy Movers, Healthy Lifestyle and Indigenous programs, School Holiday Programs and Life Be in it Schools programs.**

We are always open for ideas and are continually looking to expand and enhance our programs, while developing new initiatives which best meet the NT community needs. If you have an idea that we may be able to support or deliver, please contact us to discuss further.



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Phone: 08 8927 8488  
Fax: 08 8927 8515

E: [info@healthylivingnt.org.au](mailto:info@healthylivingnt.org.au)

#### Alice Springs

Jock Nelson Centre,  
7/16 Hartley Street,  
Alice Springs NT 0870  
Phone: 08 8952 8000  
Fax: 08 8952 7000  
E: [alicesprings@healthylivingnt.org.au](mailto:alicesprings@healthylivingnt.org.au)

[www.healthylivingnt.org.au](http://www.healthylivingnt.org.au)  
ABN 11 374 693 055

Healthy Living NT is the trading name of the Diabetes Association of the Northern Territory Incorporated.

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## Access Point Pharmacies

A comprehensive list of pharmacies in the NT that serve as access points for National Diabetes Services Scheme (NDSS) products and those that stock Healthy Living NT resources.

Tiwi	<b>Healthy Living NT (HL01)</b> <span style="float: right;"><b>HLNT &amp; NDSS Products</b></span> Shop 103 Tiwi Place, Tiwi NT 0810   <b>Ph:</b> 08 8927 8488   <b>Fax:</b> 08 8927 8515
	<b>Territory Pharmacy Northpharm (CAS02)</b> RDH, Shop 1/105 Rocklands Drive   <b>Ph:</b> 08 8945 4999   <b>Fax:</b> 08 8945 0006
Alice Springs	<b>Healthy Living NT (ASP01)</b> <span style="float: right;"><b>HLNT &amp; NDSS Products</b></span> Jock Nelson Centre, 7/16 Hartley Street   <b>Ph:</b> 08 8952 8000   <b>Fax:</b> 08 8952 7000
	<b>Alice Springs Pharmacy (A01052)</b> Yeperenye Shopping Centre, Shop 46/36-38 Hartley Street   <b>Ph:</b> 08 8952 1554   <b>Fax:</b> 08 8952 8621
	<b>United Chemists Alice Springs (ASP02)</b> Coles Complex, Shop 28/3 Bath Street   <b>Ph:</b> 08 8952 4173   <b>Fax:</b> 08 8953 4204
	<b>Northside Pharmacy NT (ASP03)</b> Shop 3/6 Hearne Place, North Stuart Highway   <b>Ph:</b> 08 8952 0064   <b>Fax:</b> 08 8953 2715
	<b>Priceline Pharmacy Alice Springs (ASP05)</b> Alice Plaza, Shop 3&4/36 Todd Street, Todd Mall   <b>Ph:</b> 08 8953 0089   <b>Fax:</b> 08 8952 8125
	<b>Territory Pharmacy Alice Springs (ASP06)</b> T2 Southern Cross Building, Alice Springs Airport, Santa Teresa Rd   <b>Ph:</b> 0889538193   <b>Fax:</b> 0889535327
Casuarina	<b>Wizard Pharmacy Casuarina (A01188)</b> Casuarina Square, 247 Trower Road   <b>Ph:</b> 08 7942 8000   <b>Fax:</b> 08 8992 9644
	<b>Amcal Max Night &amp; Day Casuarina (CAS01)</b> <span style="float: right;"><b>HLNT &amp; NDSS Products</b></span> Shop 3/11 Vanderlin Drive   <b>Ph:</b> 08 8927 7857   <b>Fax:</b> 08 8927 0323
	<b>PharmaSave Casuarina Square Pharmacy (CAS05)</b> <span style="float: right;"><b>HLNT &amp; NDSS Products</b></span> Casuarina Shopping Square, Shop 117/ 247 Trower Road   <b>Ph:</b> 08 8945 9079   <b>Fax:</b> 08 8927 4460
	<b>Chemist Warehouse Casuarina (CAS08)</b> Shop 3 & 4/4 Rowling Street   <b>Ph:</b> 08 8927 0299   <b>Fax:</b> 08 8927 1300
	<b>PharmaSave Casuarina Village Pharmacy (CAS09)</b> The Village Shopping Centre, Shop 1/54 Bradshaw Terrace   <b>Ph:</b> 08 8927 1050   <b>Fax:</b> 08 8927 7452
<b>Marrara</b>	<b>Chemist Warehouse Marrara (CAS03)</b> Northlakes Shopping Centre, Shop 1/ 1 Links Road   <b>Ph:</b> 08 7969 5706   <b>Fax:</b> 08 8914 6479
<b>Leanyer</b>	<b>Hibiscus Day and Night Pharmacy (CAS06)</b> Hibiscus Shopping Town, Shop 4/8 Leanyer Drive   <b>Ph:</b> 08 8945 5955   <b>Fax:</b> 08 8945 4057
<b>Karama</b>	<b>PharmaSave Karama Pharmacy (CAS07)</b> Karama Shopping Plaza, Shop 18-19/ 37 Kalymnos Drive   <b>Ph:</b> 08 8945 0711   <b>Fax:</b> 08 8945 0199
<b>Darwin City</b>	<b>Chemist Warehouse Darwin GPO (DRW02)</b> 1/48 Cavenagh Street   <b>Ph:</b> 08 8981 9202   <b>Fax:</b> 08 8981 9454
	<b>Blooms the Chemist Darwin Galleria (DRW08)</b> The Galleria, Shop 1-2/35-37 Smith Street Mall   <b>Ph:</b> 08 8981 2333   <b>Fax:</b> 08 8981 9833
	<b>Blooms the Chemist Darwin Plaza (DRW09)</b> CBD Plaza, Shop 1/47 Cavenagh Street   <b>Ph:</b> 08 89821 8522   <b>Fax:</b> 08 8942 2693
	<b>Chemist Warehouse Darwin Mitchell Street (DRW10)</b> Mitchell Centre, Shop 2-5/55-59 Mitchell Street   <b>Ph:</b> 08 8981 4442   <b>Fax:</b> 08 8981 3758

<b>Stuart Park</b>	<b>Territory Pharmacy Stuart Park (DRW03)</b> Shop 3 & 4/5 Westralia Street   <b>Ph:</b> 08 8981 8075   <b>Fax:</b> 08 8941 3196
<b>Berrimah</b>	<b>Chemist Warehouse Darwin (DRW04)</b> The Zone Darwin, Shop 4/798 Vanderlin Drive   <b>Ph:</b> 08 8947 4044   <b>Fax:</b> 08 8947 0045
<b>Ludmilla</b>	<b>Chemist Warehouse Ludmilla (DRW05)</b> 187 Bagot Road   <b>Ph:</b> 08 8985 1034   <b>Fax:</b> 08 8948 3563
<b>Nightcliff</b>	<b>Nightcliff Amcal + Pharmacy (DRW06)</b> Nightcliff Shopping Centre, Shop 9-12 Dickward Drive   <b>Ph:</b> 08 8985 1538   <b>Fax:</b> 08 8948 3991
<b>Parap</b>	<b>Blooms the Chemist Parap (DRW07)</b> Parap Shopping Village, 4 Colroy Building   <b>Ph:</b> 08 8981 3421   <b>Fax:</b> 08 8941 2683
<b>Winnellie</b>	<b>Winnellie Compounding Pharmacy (WIN01)</b> Winnellie Shopping Centre, Shop 18/347 Stuart Hwy   <b>Ph:</b> 08 8981 6888   <b>Fax:</b> 08 8981 6889
<b>Palmerston</b>	<b>Chemist Warehouse Gateway Shopping Centre (A01399)</b> Gateway Shopping Centre, Shop C3-C4/1 Roystonea Ave   <b>Ph:</b> 08 7969 5710   <b>Fax:</b> 08 6154 3822
	<b>Zuccoli Pharmacy (A01224)</b> <b>HLNT &amp; NDSS Products</b> Shop 11 Zuccoli Plaza, Cnr Zuccoli Parade and Crosby Street   <b>Ph:</b> 0889322197   <b>Fax:</b> 08891 88101
	<b>Territory Pharmacy Palmerston (PLM01)</b> <b>HLNT &amp; NDSS Products</b> Oasis Shopping Village, Shop 20-21/15 Temple Terrace   <b>Ph:</b> 08 8935 9600   <b>Fax:</b> 08 8935 9601
	<b>Palmerston GP SuperClinic Pharmacy (PLM04)</b> Palmerston Health Precinct, Shop 1/3 Gurd Street   <b>Ph:</b> 08 8932 6060   <b>Fax:</b> 08 8932 6065
	<b>Chemist Warehouse Durack (PLM05)</b> Shop 7 & 8/130 University Avenue   <b>Ph:</b> 08 8931 4452   <b>Fax:</b> 08 8931 1441
	<b>Blooms the Chemist Bakewell (PLM06)</b> Bakewell Shopping Centre, Shop 8/1 Mannikan Court   <b>Ph:</b> 08 8931 0678   <b>Fax:</b> 08 8932 8969
	<b>Wizard Pharmacy Gateway (PLM08)</b> Gateway Shopping Centre, Shop MM1A, Roystonea Ave   <b>Ph:</b> 08 8932 2185   <b>Fax:</b> 08 7906 2286
	<b>Terry White Chemmart Palmerston (PLM09)</b> Shop 1/6 Maluka Street   <b>Ph:</b> 08 8931 2404   <b>Fax:</b> 08 8932 1566
<b>Coolalinga</b>	<b>Pharmacy+ Co Coolalinga (COOL02)</b> <b>HLNT &amp; NDSS Products</b> Woolworths Shopping Centre, Shop 2/365 Stuart Highway   <b>Ph:</b> 08 8983 2215   <b>Fax:</b> 08898 32295
	<b>Chemist Warehouse Coolalinga Central (COOL03)</b> Coolalinga Central, T34 & T35/425 Stuart Highway   <b>Ph:</b> 08 8426 8406   <b>Fax:</b> 08 8900 8531
<b>Humpty Doo</b>	<b>Terry White Chemmart Humpty Doo (HDO01)</b> <b>HLNT &amp; NDSS Products</b> Humpty Doo Shopping Centre, Shop 12/4144 Freds Pass Road   <b>Ph:</b> 08898 82201   <b>Fax:</b> 08 8988 2201
<b>Berry Springs</b>	<b>Berry Springs Pharmacy (BSP01)</b> Berry Springs Shopping Village, Shop B4/10 Doris Road   <b>Ph:</b> 08 8988 6575   <b>Fax:</b> 08 8988 6572
<b>Katherine</b>	<b>PharmaSave Katherine Pharmacy (KTH01)</b> Oasis Shopping Centre, Shop 13/1 First St   <b>Ph:</b> 08 8972 3310   <b>Fax:</b> 08 8971 2309
	<b>Territory Pharmacy Terrace (KTH02)</b> Shop 2, 32 Katherine Terrace   <b>Ph:</b> 08 8972 1229   <b>Fax:</b> 08 8971 0126
<b>Tennant Creek</b>	<b>United Chemists Tennant Creek (TC01)</b> 123 Paterson Street   <b>Ph:</b> 08 8962 2616   <b>Fax:</b> 08 8962 1005
<b>Gove</b>	<b>Gove Pharmacy (NB01)</b> Shop 9, Endeavour Square   <b>Ph:</b> 08 8987 1155   <b>Fax:</b> 08 8918 8070
<b>Kununurra</b>	<b>Kununurra Pharmacy (KNX01)</b> <b>HLNT &amp; NDSS Products</b> Kununurra Shop Centre, Shop 10, Konkerberry Drive   <b>Ph:</b> 08 9168 1111   <b>Fax:</b> 08 9168 1398

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## Membership Benefits

Healthy Living NT is the trading name of the Diabetes Association of the NT Inc established in 1980. As a charitable, member based organisation for people with diabetes and related conditions, we rely on the support of our members.

Membership provides benefits on a range of products and services including substantial discounts, quarterly copies of the local magazine Territory Way, membership enews, members website section, advocacy and a variety of value added benefits.

Your membership provides vital support in our work to make the Territory a healthier place.



## Healthy Living NT

ABN 11 374 693 055  
PO Box 40113  
CASUARINA NT 0811  
info@healthylivingnt.org.au  
www.healthylivingnt.org.au

**Darwin** 8927 8488

**Alice Springs** 8952 8000



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facebook.com/HealthyLivingNT



instagram.com/HealthyLivingNT



## Membership Application Form

### Membership Benefits

**Education and Advocacy**  
**Discounted products**  
**Territory Way magazine**  
**Membership enews**  
**Website membership**

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## Your Privacy and Healthy Living NT

### Healthy Living NT Privacy Statement

Healthy Living NT is the trading name for the Diabetes Association of the NT Inc., a charitable, member based organisation established in 1980 to provide support to people with diabetes and other chronic health conditions.

We are governed by the Privacy Act 1988 (the Privacy Act) in our responsible handling of personal information.

### What do we do

Healthy Living NT provides services and programs, some under a contract with Commonwealth or NT funders:

- Diabetes education, cardiac rehabilitation and nutrition education services to clients in urban, rural and remote areas
- Diabetes, cardiac and nutrition information, advice, training and support for health professionals, carers and community members
- Membership information and support
- National Diabetes Services Scheme (NDSS). Healthy Living NT is the NT Agent for the NDSS, an initiative of the Australian Government administered by Diabetes Australia. The NDSS delivers diabetes-related products at subsidised prices and provides information and education support services to people with diabetes and their carers. Healthy Living NT is bound by the NDSS Privacy Policy which can be found at [www.ndss.com.au](http://www.ndss.com.au)
- Product supply and support in the use of products
- Advocacy support and advice

### Further information

More information about the Privacy Act and what it means can be found at [www.privacy.gov.au](http://www.privacy.gov.au)

Our current Privacy Policy is available on our website [www.healthylivingnt.org.au](http://www.healthylivingnt.org.au) or by contacting one of our staff members or our Privacy Officer as follows:

Chief Executive Officer  
Healthy Living NT  
PO Box 40113  
CASUARINA NT 0811

Phone 08 89 278 488  
Fax 08 89 278 515  
Email [privacy@healthylivingnt.org.au](mailto:privacy@healthylivingnt.org.au)

ABN 11 374 693 055

# Your Privacy

and Healthy Living NT



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## Your Privacy and Healthy Living NT

### What is personal information?

Personal information is any information that identifies or could identify a person, whether it is true or not. It includes your name, age, gender and contact details.

Personal information can also include sensitive information, which is information about your health and health service provided to you.

### Why and how do we collect your personal information?

We collect your information so that we can provide you with access to our products and services.

Healthy Living NT normally collects your personal and sensitive information only if you have consented to the information being collected.

We will only seek to collect the information that is reasonably necessary for one or more of our services or activities.

We may also receive information about you such as diagnosis, referrals and health information sent from your doctor or health care professional necessary in order to provide you with a health service.

We collect your information in a few different ways, including forms, correspondence, through consultations with our health professionals, from information received from your doctor, through our website and visits to NDSS Access Points.

### What happens if you don't give us your personal information?

It is your choice whether to provide us with your information. However if you don't provide us with this information, we may not be able to provide you with some or all of the products or services available. We will only seek to collect the information that is reasonably necessary for one or more of our services or activities.

### How do we manage the security of your personal information?

We respect and protect your privacy. We will take reasonable steps to protect the information that we hold from misuse, interference, unauthorised access or disclosure. Our employees and contracted third parties are subject to a confidentiality agreement that requires them to comply with our Privacy Policy.

### How do we use and disclose your personal information?

We use and disclose your information for the purposes for which we collected it and for related purposes where you would reasonably expect us to use or disclose your personal information. For example:

- we may send people who register with the NDSS information about the use of products and the effective self-management of diabetes.
- we will send regular information to members including magazines, newsletters, correspondence and electronic communications.

- we may advise diabetes, cardiac or nutrition education clients about upcoming education services or scheduled review appointments, and communicate with your doctor or health care professional regarding management of your health condition.

We will not disclose your information to any unauthorised third party without your consent or we are required to do so by law.

No identifiable personal or health information is included in our statistics which are used for the purpose of reporting to funders.

### How can you access and correct your personal information?

You can request to access your personal information at any time. You may also ask us to correct your personal information if it is incorrect, incomplete or misleading.

We take reasonable steps to make sure that the personal information that we hold is accurate, complete and up to date.

### How we handle complaints

If you have any concerns or complaints about the manner in which your personal information has been collected or handled by us, please contact our Privacy Officer.



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## Health and Community Services Complaints Commission:

4th Floor, NT House  
22 Mitchell Street  
DARWIN, NT 0800  
GPO Box 4409 DARWIN, NT 0801

Phone: (08) 8999 1969  
Fax: (08) 8999 6067  
E-mail: hcsc@nt.gov.au  
Toll Free Phone: 1800 004 474

## GUIDING VALUES

To pursue high standards of professionalism, ethics and quality in all facets of Healthy Living NT's operations, through:

- Fairness, honesty, confidentiality and compassion.
- Mutual respect for all individuals, their roles and the organisation.
- Continuous quality improvement in all activities.
- Involvement with, and responsiveness to, community diversity.
- Working collaboratively.

## Our Contacts

**Phone:** 0889 278 488

**Fax:** 0889 278 515

**Mail:** PO Box 40113, CASUARINA NT 0811

**Email:** info@healthylivingnt.org.au

**Darwin office:** Shop 2 Tiwi Place, Tiwi, NT 0810

**Alice Springs office:** Jock Nelson Centre, 7/16 Hartley Street, Alice Springs NT 0870

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# Consumer Charter

## Policy Statement

### Healthy Living NT:

- assists its members and people with chronic health conditions such as diabetes and heart disease with products, information, education and support,
- provides health promotion and prevention programs and information to support people and communities to adopt healthier lifestyles, and
- provides support, training and information to health professionals.

Healthy Living NT is committed to serving the whole Territory community in all its diversity.

We value and promote inclusive service provision treating clients and staff with dignity and respect.

Our services seek to empower people to make their own informed choices free from bias.

## What you and your carer can expect

### You can expect us to:

- be helpful and courteous
- treat you with respect and honesty, and be fair and impartial in our dealings with you
- provide you with clear and accurate information
- ensure that you can access our services
- respond to you promptly
- respect your privacy
- listen to your feedback and be responsive, and
- sensitive to your cultural background.

## Education clients and their carers can also expect to receive from Healthy Living NT

- considerate, respectful, culturally relevant and confidential service and advice
- a professional and understandable explanation about your condition
- advice on management and treatment of your condition based on current best practice guidelines
- advice on diabetes and cardiac products, schemes and services which may be beneficial
- prompt access to diabetes and cardiac literature, education and educators
- access to interpreter services, and
- the opportunity to interact with us through a variety of means.

## What we ask of you

### To assist our staff in delivering the highest quality of service, we ask that you:

- treat our staff with courtesy and respect
- provide us with accurate information, and
- advise us when your personal details change.

## Your privacy

The Privacy Act 1988 regulates how Healthy Living NT handles your personal and health information and provides ways to access and correct the information held about you.

### As an individual, you have the right to know:

- when your personal information is being collected by us
- who will have access to this information
- what the information will be used for, and
- whether it will be disclosed to someone other than Healthy Living NT.

You also have the right to not identify yourself, when dealing with us. For further information on how Healthy Living NT handles your personal information, and the sort of personal information that is collected and stored, please refer to our Privacy Policy and Statement.

## Products

Healthy Living NT will exchange or refund faulty merchandise when proof of purchase is supplied. Requests for refunds on a product for any other reason will only be made if the product is returned unused with proof of purchase in the original packaging within one (1) month of purchase. For health and product integrity reasons, we are unable to refund or exchange the following products which have been purchased in error:

- all NDSS products
- home blood glucose monitors and similar devices
- lancets and lancet devices
- other injection devices

## How you can tell us what you think of our services

We aim to continuously improve our products and services. Your feedback is important to us as it can help us make improvements for the benefit of all our customers. We also like to hear about a job well done. If you have a suggestion or feedback about our services, you can complete a Client Feedback Form available from our front counter or contact us by any of the means shown on the last page of this brochure.

## It's OK to Complain!

Healthy Living NT seeks to ensure that an efficient, fair and accessible way exists for dealing with complaints. Complaints can be made in person, in writing or by phone to any of the contacts shown on the last page of this brochure.

Where possible, complaints should be resolved directly with the staff or manager of the service concerned. If you are uncomfortable with talking to the staff member directly you can ask to talk to a manager.

It is important you tell us what you expect to occur as a result of your complaint. For example, you may want an apology, explanation or change to occur that will prevent other clients from experiencing the same issue. If we are unable to meet your expected outcome, you will be advised of this, including the reason why.

Staff involved in handling complaints are required to treat all information as confidential. Your details will only be provided to personnel involved in managing the complaint. If you wish to do so, you can make a complaint without providing your name. However, this does limit our capacity to investigate the complaint. We value feedback and we will strive to acknowledge and resolve your complaint as quickly as possible.

If you are unsatisfied with the way we have managed your complaint or with the outcome of our response, you may seek an external review by the Health and Community Services Complaints Commission. The Commission is an independent statutory body established under the Health and Community Services Complaints Act which provides assistance to Territorians to resolve complaints about health, disability and aged services.