

Eating with diabetes

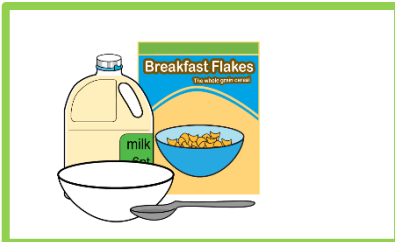


Eating a healthy balanced diet and moving more helps manage your diabetes.

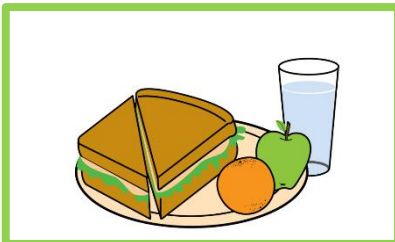


A balanced diet is a dinner plate with

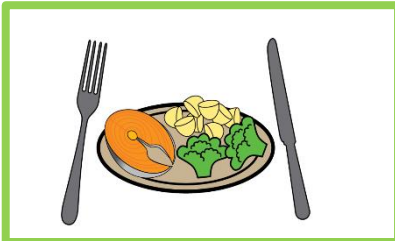
- $\frac{1}{2}$ vegetables
- $\frac{1}{4}$ protein (meat, eggs, soya, lentils, beans)
- $\frac{1}{4}$ carbs (bread, potatoes, pasta, rice, cereal)



This is an example of a healthy breakfast



This is an example of a healthy lunch



This is an example of a healthy evening meal