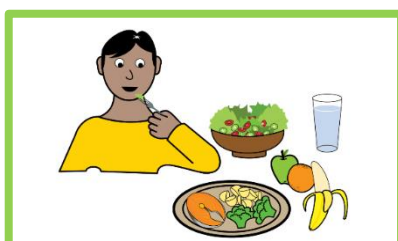


Eating with pre-diabetes

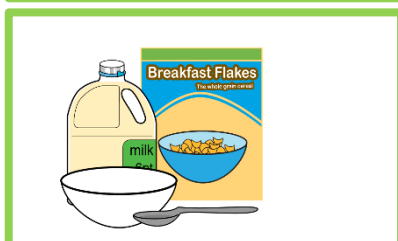


Eating a healthy balanced diet and moving more helps manage your pre-diabetes.

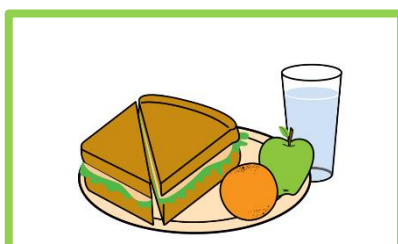


A balanced diet is a dinner plate with

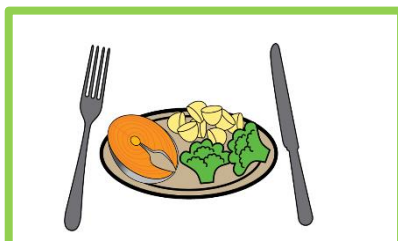
- ½ vegetables
- ¼ protein (meat, eggs, soya, lentils, beans)
- ¼ carbs (bread, potatoes, pasta, rice, cereal)



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