

Healthy Eating for Diabetes

Introduction

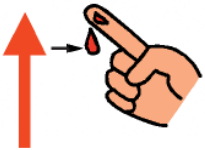




What is Diabetes



Your Doctor has discovered that you have a condition called Diabetes



In Diabetes the sugar in your blood is too high



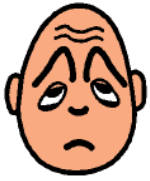
A lot of sugar in your blood can make you feel unwell



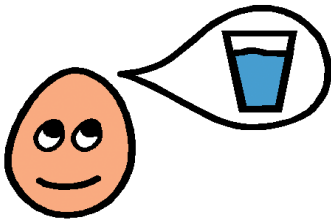


What is Diabetes

Diabetes can make you feel:



tired

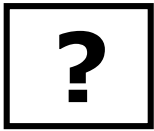


thirsty



moody





What is Diabetes

Diabetes can make your:



Eyesight go blurred



Head ache

and also



Make you wee a lot



Lose weight too quickly





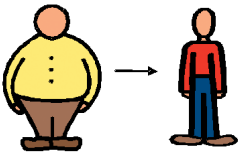
What can I do ?



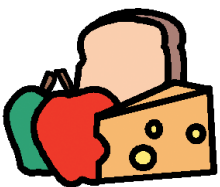
Have regular meals



Take regular exercise



Lose weight if you need to

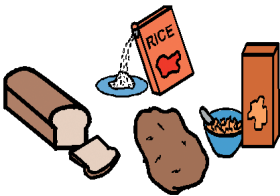


Eat the right foods

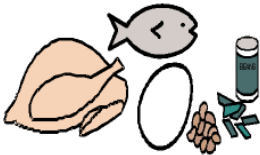




What can I eat ?



Bread, potato, pasta, rice,
breakfast cereals



Lean meat, fish, eggs,
Beans



Low fat milk, yoghurt,
cheese

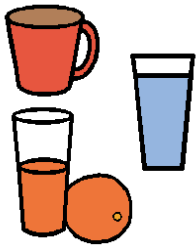


5 or more portions of fruit and
vegetables each day





What else can I do?



Drink plenty of water, tea, coffee or sugar-free drinks



Use sweeteners in your drinks instead of sugar



Don't eat too many fried foods



If you sprinkle salt on your food then use less



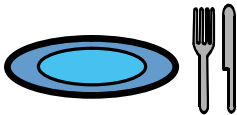


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Adapted from original document produced by Community Dietitians at Bristol South & West Primary Care Trust

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