

Diabetes - Food Guide

Information for patients,
carers and relatives

**Easy
Read**



easy read



This booklet uses easy words and pictures.

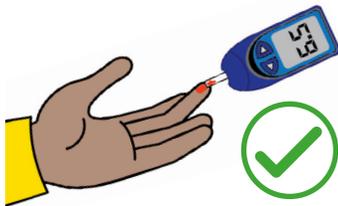
You might want to ask someone to help you read it.

healthy choices



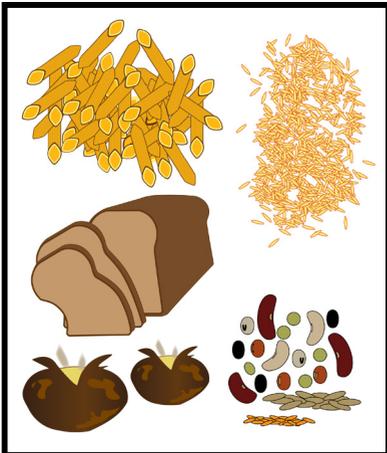
When you have diabetes it's important to make healthy choices.

manage diabetes



Some foods are better than others for managing your diabetes.

good foods



Good foods:

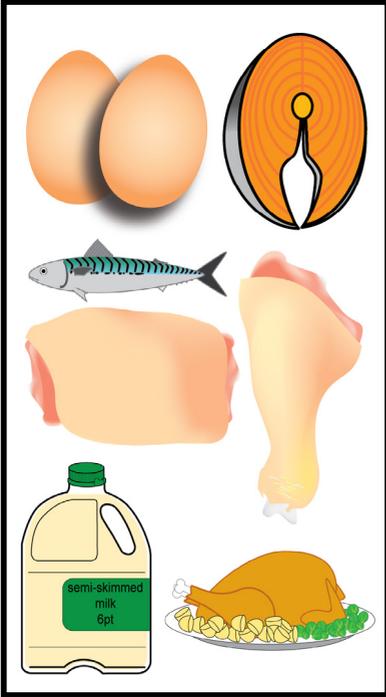
Fresh and high protein food.

Fruit and Vegetables.

Try to eat 5 a day.

Bread, rice, potatoes, pasta, grains, beans.

These still contain sugar, so you may need smaller portions.

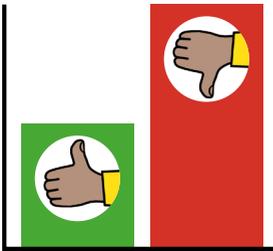


Meat, fish, eggs, milk.

These are proteins and help your muscles.

Every meal should contain these proteins.

low sugar

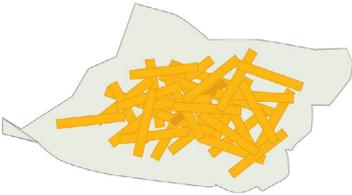


You should try to choose low sugar food and drink options.

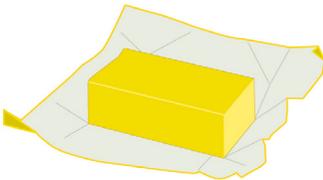
Food to Avoid



chips



butter or margarine



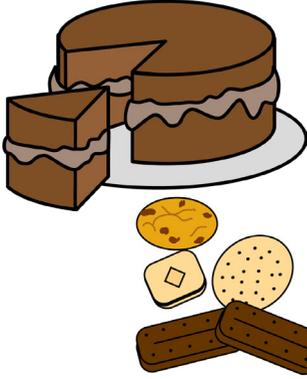
Food to avoid:

Processed, sugary and fried food.

Chips.

Butter / Margarine.

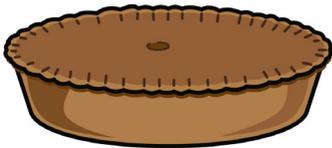
cake / biscuits



cheese



pies and pastries



Food to avoid:

Cake / Biscuits.

Cheese.

Pies and Pastries.

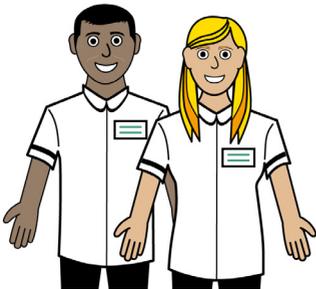
crisps, chocolate, sweets



fizzy drinks / fresh Juice



dietitian



Food to avoid:

Crisps, chocolate,
sweets.

Fizzy drinks and Fresh
Juice.

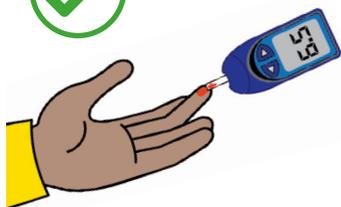
If you struggle to
understand good and
bad foods you can speak
to a dietitian.

doctor or nurse



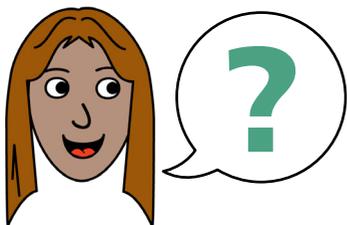
If you don't have a dietician speak to your nurse or doctor.

check levels



It is important to monitor your blood sugar (glucose) levels so you understand how food affects you.

ask



If you have any questions, you can ask the staff.

health passport



easy read leaflets



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