Healthy Eating For Diabetes

Foods to avoid
Sugary foods are not good for you

They keep your blood sugars high

And they make you feel unwell
Don’t add sugar to any drinks

Don’t drink any sugary drinks
Don’t eat the following foods too often

- Chocolate
- Sweets
- Cakes
- Chocolate biscuits
Fatty foods are not good to eat too often

- Pastry
- Fried foods
- Butter or margarine
Fatty foods are not good to eat too often

- Crisps
- Chips
- Beef burgers
Notes