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
- 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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Cyfarwyddiaeth Gwasanaethau Anabledd Dysgu

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