Healthy Eating for Diabetes

Starches
Starchy foods are good for you

They keep your blood sugars good

Breakfast

Light meal

Eat regular meals

Main meal
Eat a starchy food at each meal

- Cereals

- or

- Porridge

- or

- Bread

- or

- Crumpets
And there is more . . .

- Boiled potatoes

- or

- Boiled rice

- or

- Pasta

- or

- Jacket potato
Notes

My favourite starchy food is:
Directorate of Learning Disability Services  
Cyfarwyddiaeth Gwasanaethau Anabledd Dysgu

Developed by:  
The Department of Nutrition & Dietetics

Produced in partnership with:  
The National Public Health Service

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