Important information for clients

- Eat more of the foods that are good for you and less of the foods that isn’t good for you.
- Easier to keep your blood glucose level under control if you eat at regular mealtimes. This may also be beneficial to help with your weight loss.
- Eat 3 meals per day per every 4 hours (small snacks between meals help some people)
- A balanced diet ensures that your medication works effectively.

Key points

- Eat regularly
- Include some starchy food (carbohydrates) with each meal, choosing high-fibre versions where possible.
- Use salt sparingly
- Do not drink too much alcohol
- Reduce your fat intake and remember to watch the type of fat
- Limit your intake of sugars and sugary foods
- Aim to keep to your ideal body weight and exercise regularly when possible.

GOOD TIPS

- Have fruit or vegetables with every meal and have as snacks between meals.
- Add extra vegetables to casseroles, curries and soups.
- Add fruit to breakfast cereals.