

Eatwell plate for diabetics

June 2016 – Annemette Jepsen, MCSP and nutritionist

Important information for clients

- Eat more of the foods that are good for you and eat 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 (might help some people)
- A balanced diet ensures that your medication works effectively.

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.

Key points

