

Goals of Diabetes



Food & Drink

Some carbohydrate foods work more slowly than others, and this is good for stable glucose between meals.

Here are some examples for foods that work slowly:

- Whole Fruit
- Brown Bread
- Baked Beans

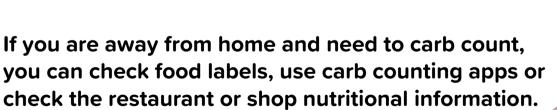


Helpful dietary changes that you can make to help manage diabetes are:

- Eat breakfast.
- Eat regularly throughout the day.
- Eat vegetables or salad with every main meal.

If you repeatedly make poor food choices, then this can result in:

- Low energy levels.
- Constipation.
- Swings in blood glucose levels.
- Low mood.
- Unwanted weight gain.
- Vitamin or mineral deficiencies.



Learning how to cook healthy meals at home is a great way to know what is in the food that you eat. Remember that excess amounts of fat or protein have adverse effects on blood glucose levels.





