

Goals of Diabetes



Food & Drink

I need to eat three to four meals a day:

Breakfast



Lunch



Dinner



Snacks

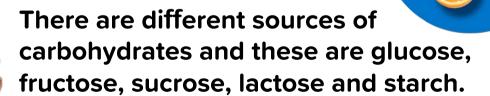


I can eat sweets and chocolate but not too much so that I can have a healthy balanced diet.



A balanced diet contains protein, carbohydrates, fats, vitamins and minerals.

I need to eat five portions of fruit and veg a day.





I'm learning how to count the carbohydrates in my food with the help of my parents.



