

## Food & Drink

I need to eat three to four meals a day, and I'm learning what foods and drinks have carbohydrates and that they need to be counted.



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



I know what drinks I can have without affecting my glucose levels, and here are some examples...



- Sugar Free Fizzy Drinks
- Sugar Free Soft Drink
- Sugar Free Iced Tea
- Water