

## Food & Drink

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

Here are some examples of slow acting carbohydrates:

- Whole Fruit
- Brown Bread
- Baked Beans
- Oats



These slow acting carbohydrates can reduce some blood glucose spikes. It's important to maintain a regular meal pattern, spreading carbohydrates throughout the day and not missing meals.

Eating less healthy foods or snacks regularly will have a significant impact on body weight and glucose levels.

There are different forms of food sweeteners, and here are some names of suitable brands:



- Hermesetas
- Candarel
- Splenda
- Sweetex
- Equal



It's important to be able to count carbohydrates in the food that you're about to eat, and there are websites and apps that can help with this. You can also use the labels on food packaging as a guide for this too.

These are all important things to know, and it means that you'll feel more confident joining in and eating with your friends.