

## Food & Drink

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

And here are some examples for foods that work slowly:

- Whole Fruit
- Brown Bread
- Baked Beans



If you repeatedly make poor food choices, then this can result in low energy levels, constipation, swings in blood glucose levels, low moods, unwanted weight gain, vitamin and or mineral deficiencies.



Changes you can make to your diet to help manage diabetes are:

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

If you're away from home and need to carb count, you can check food labels, use carb counting apps and check the restaurants or shops nutritional information.

Learning how to cook healthy meals at home is a great way to know what is in the food you eat. And remember, excess amounts of fat and protein will have adverse effect of glucose levels.

