

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.



If you are away from home and need to carb count, you can check food labels, use carb counting apps or check the restaurant or shop nutritional information.

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.

