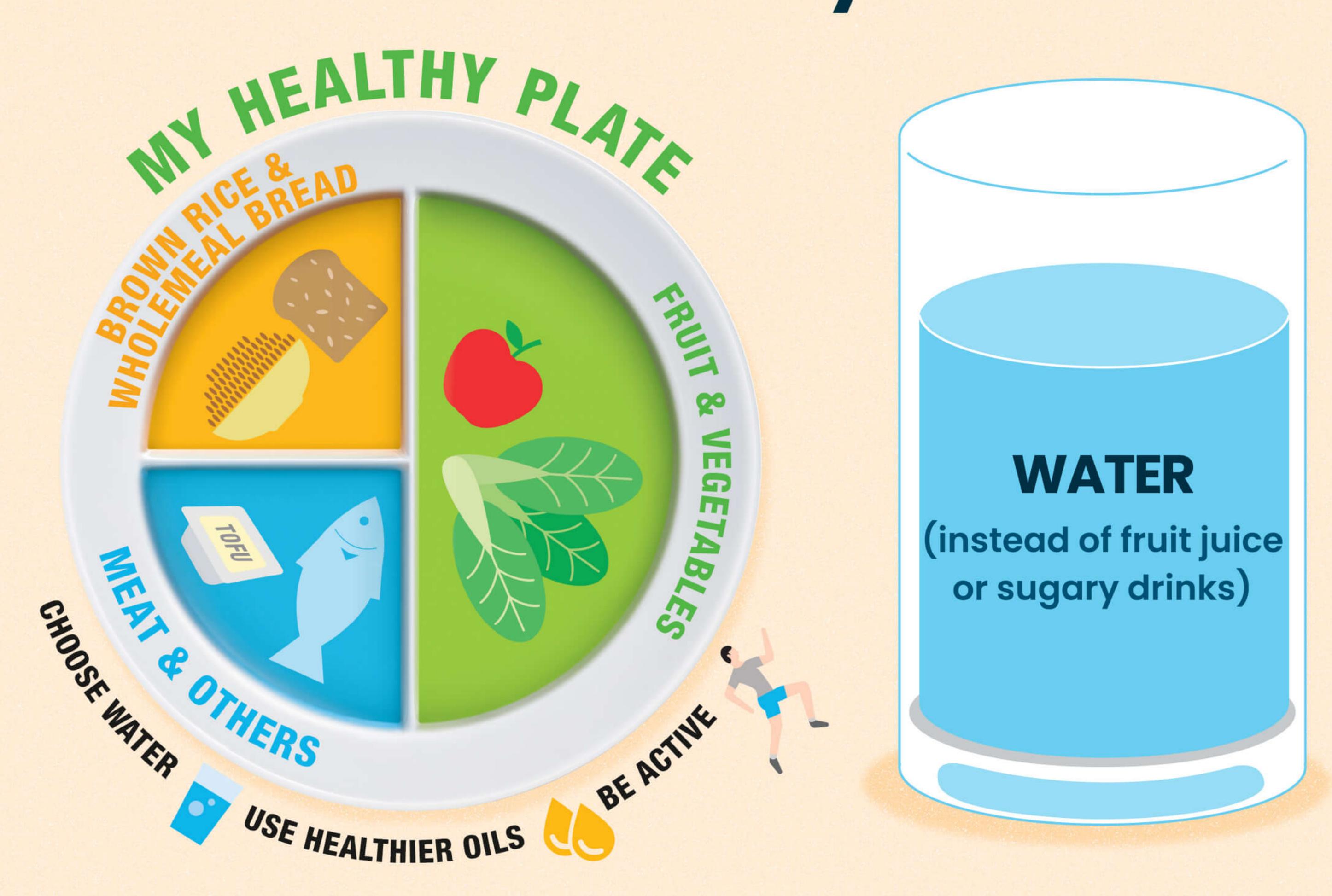
# HEALTHY EATING: ADIABETIC'S GUIDE

### What's a healthy meal?



Stick to regular meal times. Avoid skipping or delaying meals

#### Watch your carbs

Knowing how fast these types of carbohydrates convert to sugar can help you control your blood sugar levels



#### Sugars

Simple carbohydrates that digest easily and raise blood sugar levels quickly



#### Starches

How fast these complex carbohydrates convert to sugar depend on how processed they are and how much fibre the food contains



#### Fibre

The part of complex carbohydrates that cannot be digested. Makes you feel full while slowing digestion and sugar absorption

As a rule of thumb, choose wholegrain and less processed foods (e.g. brown rice, fresh fruit) which have more fibre, instead of refined carbohydrates (e.g. white rice, fruit juice)



### Eating at Home

- Steam, bake, boil, grill or stir fry your food
- Use healthier oils and less salt
- Use lean meat and remove visible fat
- Pick wholegrains over refined grains



### Eating Out

- Choose foods that are steamed, baked, boiled, etc. Avoid fried foods
- Pick wholegrain options, and salad with non-cream based dressing
- Drink water, or low to no sugar drinks
- Choose fresh fruits for dessert



#### Food Shopping Tips

- Plan ahead and make a shopping list
- Don't shop when you're hungry
- Avoid the snack aisle
- Read food labels carefully
- Look for foods with Healthier Choice Symbol, and drinks with A or B Nutri-Grade marks

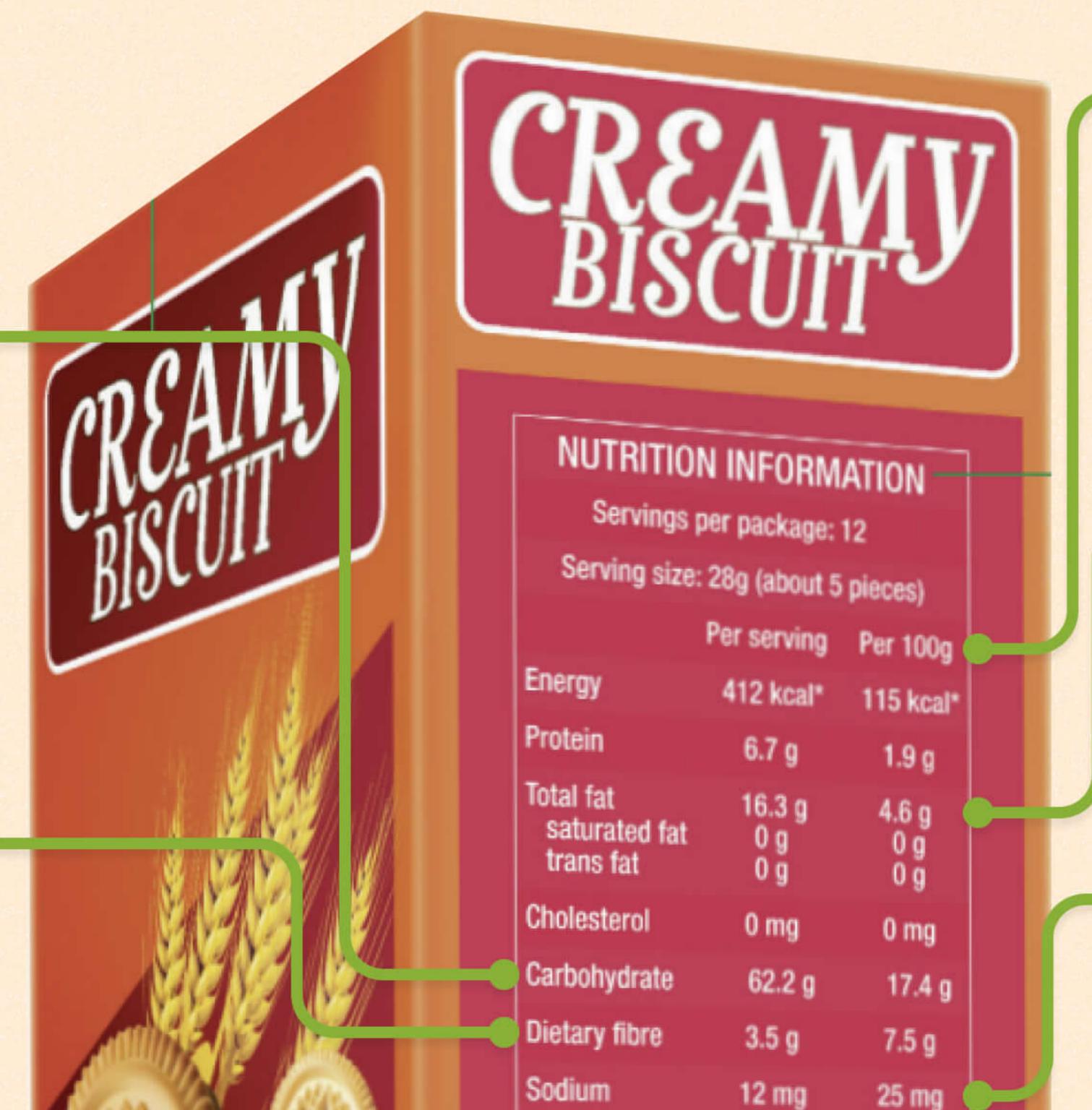




Sugar-free or No Sugar Added foods can still contain carbohydrates

High fibre foods should contain 4g or more per serving

#### How to Read Food Labels



- When comparing food labels between different products, see per 100g as serving sizes can vary
- Foods low in fat should contain total fat of 3g or less per 100g or 1.5g or less per 100ml
- Low sodium foods should contain 120mg or less per 100g



## Ingredients

other names so beware!

#### Sugar

Sucrose, maltose, fructose, maple syrup, corn syrup or cane sugar

#### Salt

Monosodium glutamate (MSG), sea salt, stock cubes, baking soda or sodium bicarbonate

### Dejunk Your Kitchen

- Avoid placing unhealthy snacks on your kitchen counter
- Ensure fresh produce is at eye level for easier access
- Instead, place on your counter healthier alternatives such as fruits, wholegrain bread, etc.
- Use smaller plates and bowls to help control serving portions and reduce calorie intake





