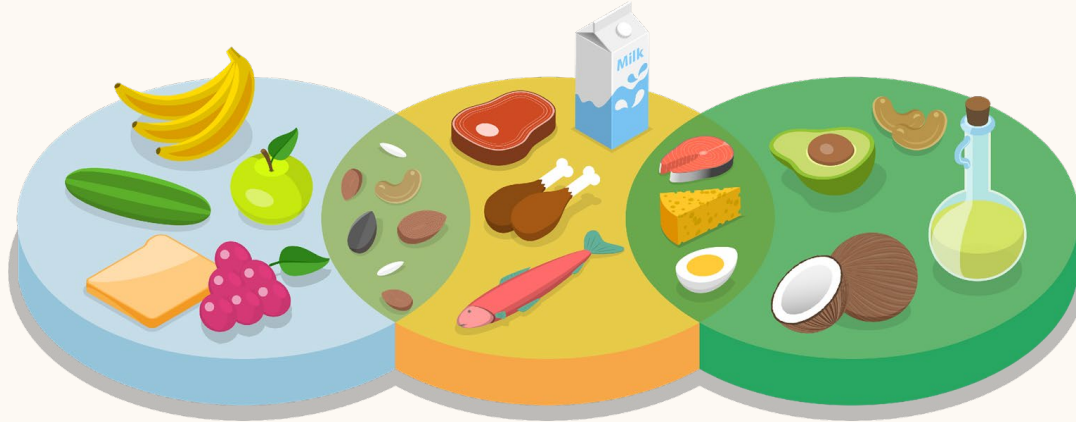# Healthy Eating When You Have Diabetes

Diet is an important part of diabetes management. Eating well not only helps with your diabetes control, but also with weight, blood pressure, cholesterol levels and general health.

Healthy eating is recommended for everyone, including individuals with diabetes.
All individuals can enjoy the same healthy meals.

Read on for a general guide on how you can make healthy food choices and have a balanced diet.
For nutritional advice personalised to your condition and needs,
do speak to a healthcare professional such as a dietitian.