

# Healthy Eating for Diabetes

## Introduction

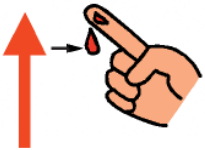




## What is Diabetes



Your Doctor has discovered that you have a condition called Diabetes



In Diabetes the sugar in your blood is too high



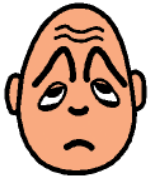
A lot of sugar in your blood can make you feel unwell



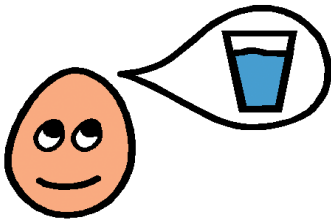


## What is Diabetes

Diabetes can make you feel:



tired



thirsty



moody





## What is Diabetes

Diabetes can make your:



Eyesight go blurred



Head ache

**and also**



Make you wee a lot



Lose weight too quickly





## What can I do ?

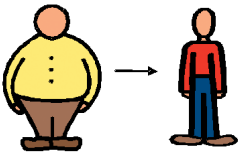
---



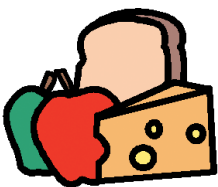
Have regular meals



Take regular exercise



Lose weight if you need to

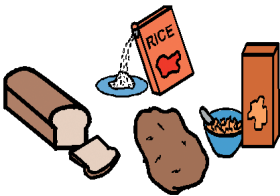


Eat the right foods

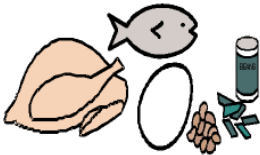




## What can I eat ?



Bread, potato, pasta, rice,  
breakfast cereals



Lean meat, fish, eggs,  
Beans



Low fat milk, yoghurt,  
cheese

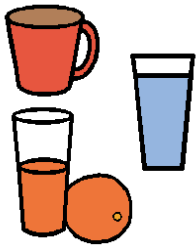


5 or more portions of fruit and  
vegetables each day





## What else can I do?



Drink plenty of water, tea, coffee or sugar-free drinks



Use sweeteners in your drinks instead of sugar



Don't eat too many fried foods



If you sprinkle salt on your food then use less



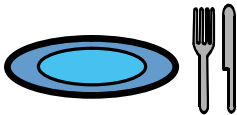


**GIG**  
CYMRU  
**NHS**  
WALES

Bwrdd Iechyd Prifysgol  
Abertawe Bro Morgannwg  
University Health Board

Directorate of Learning Disability Services  
Cyfarwyddiaeth Gwasanaethau Anabledd Dysgu

**Developed by:**



**The Department of Nutrition & Dietetics**

Produced in partnership with:  
The National Public Health Service



National Public Health Service for Wales  
Gwasanaeth Iechyd Cyhoeddus Cenedlaethol Cymru

Adapted from original document produced by Community Dietitians at Bristol South & West Primary Care Trust

Images used include Photosymbols #3 and Widgit Writing with Symbols 2000.

