

Healthy Eating for Diabetes

Starches





Starchy foods are good for you



They keep your blood sugars good

Breakfast



Light meal



Eat regular meals

Main meal



Eat a starchy food at each meal



Cereals

or



Porridge

or



Bread

or



Crumpets



And there is more . . .



Boiled potatoes

or



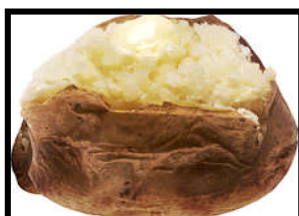
Boiled rice

or



Pasta

or



Jacket potato





Notes

My favourite starchy food is:



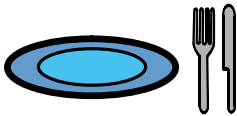


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