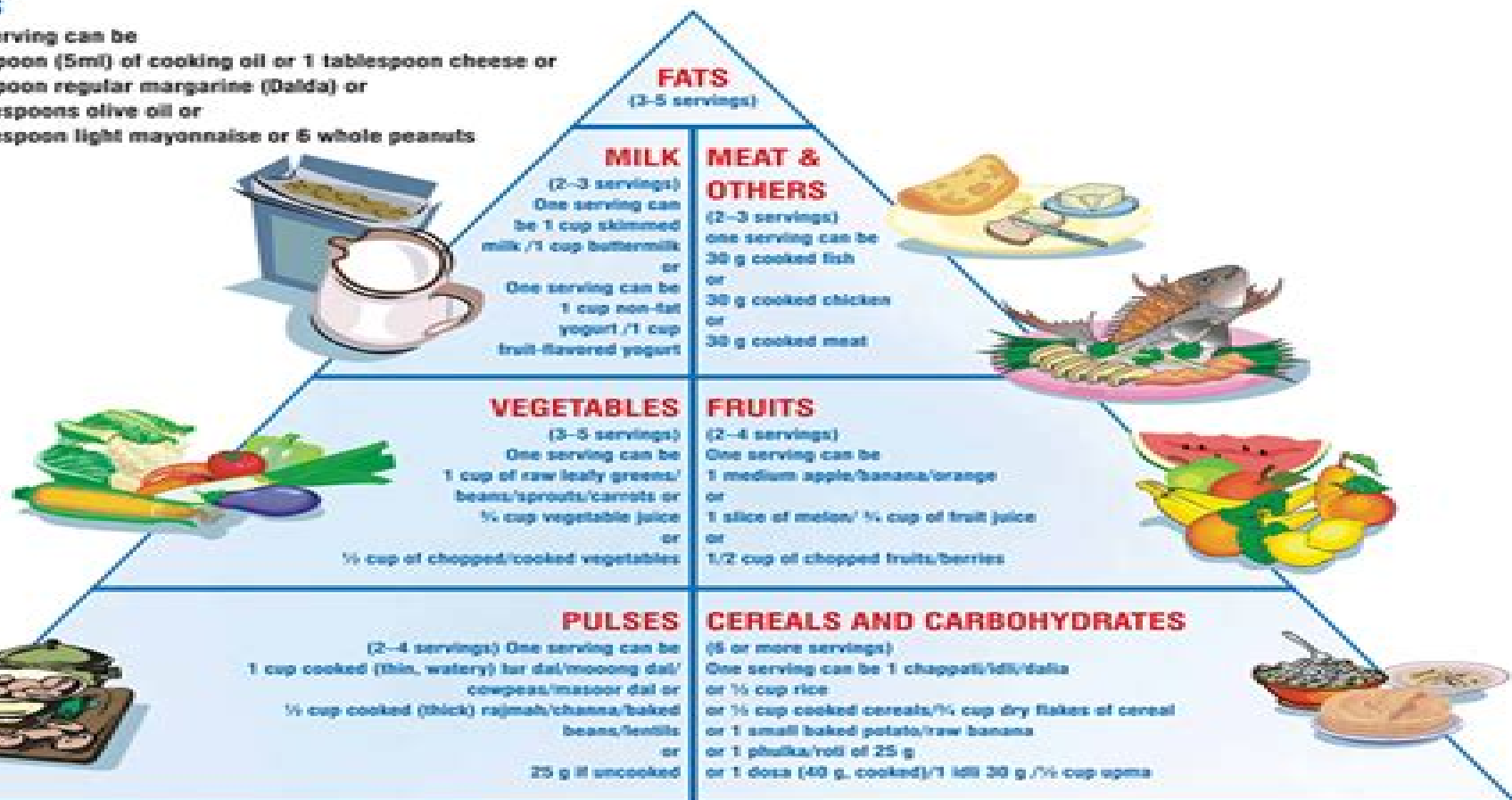


DIET - For Better Diabetes Management

Fats

One serving can be

- 1 teaspoon (5ml) of cooking oil or 1 tablespoon cheese or
- 1 teaspoon regular margarine (Dalda) or
- 2 tablespoons olive oil or
- 1 tablespoon light mayonnaise or 5 whole peanuts



GOOD EATING HABITS

- ✓ Eat from all groups of food.
- ✓ Chew your food properly.
- ✓ Eat your meals for at least 20 minutes slowly.
- ✓ Eat breakfast everyday.
- ✓ Have small meals more often in the day.

FOOD TO AVOID

- ✗ Soft drinks, cakes and chocolates.
- ✗ Grapes/watermelon/pineapple/mangoes/ raisins/dates in large amounts.
- ✗ Reduce your salt intake.
- ✗ Limit your intake of fat such as fatty cuts of meat, butter, whole-fat milk and dairy products and cream sauces.

WHEN TO EAT

Only eat when hungry

Diabetic Diet Guidelines

Jennifer E. L. Anderson

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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