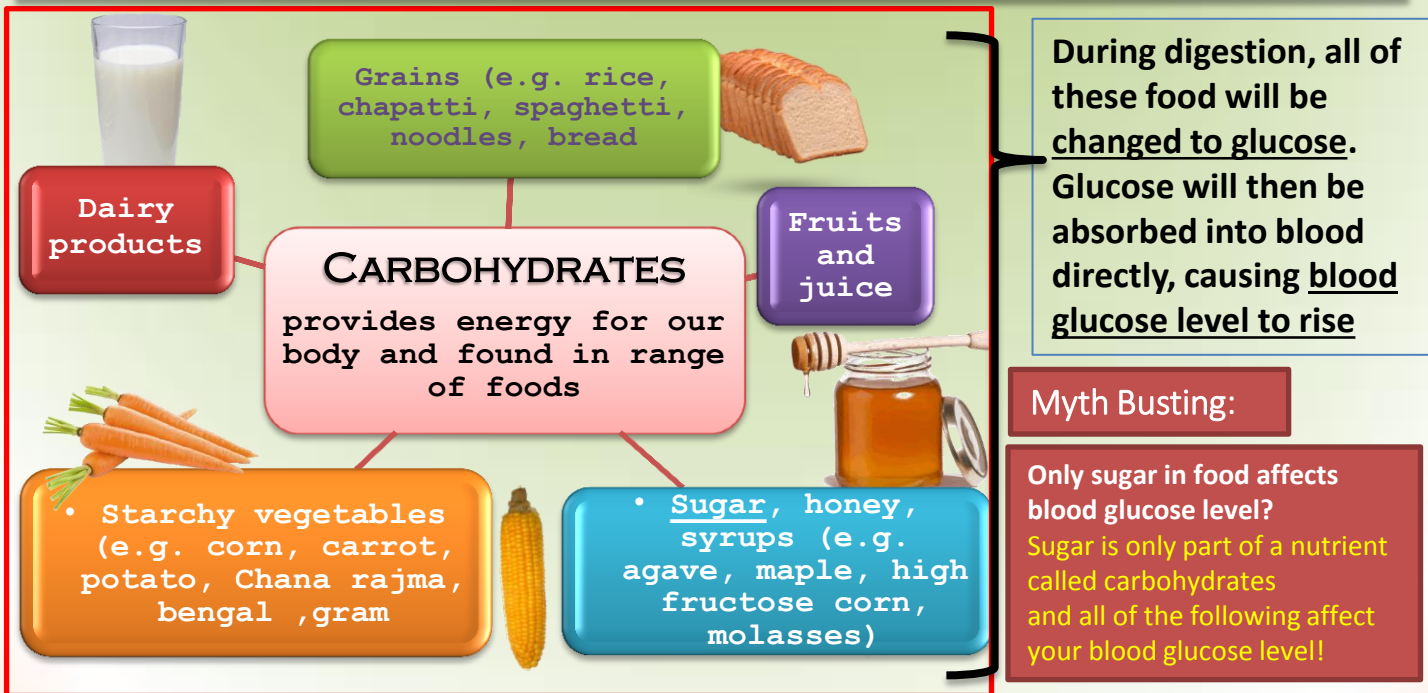


Nutrition Tips for People with Diabetes

Advice from a Registered Dietitian

English Version

Scientific researches show that people of the South Asian communities are 6 times more likely to have type 2 diabetes than other population.



✓ Count how many carbohydrates you eat daily and have meals at regular times

✗ Do not avoid eating carbohydrates completely or skip any meals, mainly breakfast

Do's



Don'ts



✓ Fill half of your plate with non-starchy vegetables or leafy green salad

✓ Pair with a lean protein of choice (e.g. skinless chicken filet, fish etc.) with every meal

✓ Choose wholegrain more often, e.g. Basmati rice, pasta, wholegrain bread, oatmeal etc.

✓ Have a light and healthy snack in between meals to maintain blood glucose,

✗ Avoid too much carbohydrates and starchy vegetable (such as rice potatoes and corn)

✗ Avoid high fat food, e.g. meat/poultry with skin, bone or fatty parts, sausage, fried meat, fried vegetables, cakes, samosa etc.

✗ Avoid too much refined carbohydrate e.g. white rice, white bread, sugar added cereals

✗ Avoid unhealthy snacks and drinks that are high in sugar etc.