



Week 2: Healthy Eating for Diabetes

What you eat affects your blood sugar, weight, and overall health. You don't need a special 'diabetes diet', but making healthier choices makes a big difference.

Tips for eating well:

- Choose wholegrains, fruit, vegetables, beans, and lentils.
- Cut down on sugary foods and drinks.
- Watch portion sizes, especially for rice, bread, pasta, and potatoes.
- Include oily fish (like salmon, mackerel) twice a week.



Did you know?

Even losing 5–10% of your body weight can improve blood sugar, blood pressure, and cholesterol.