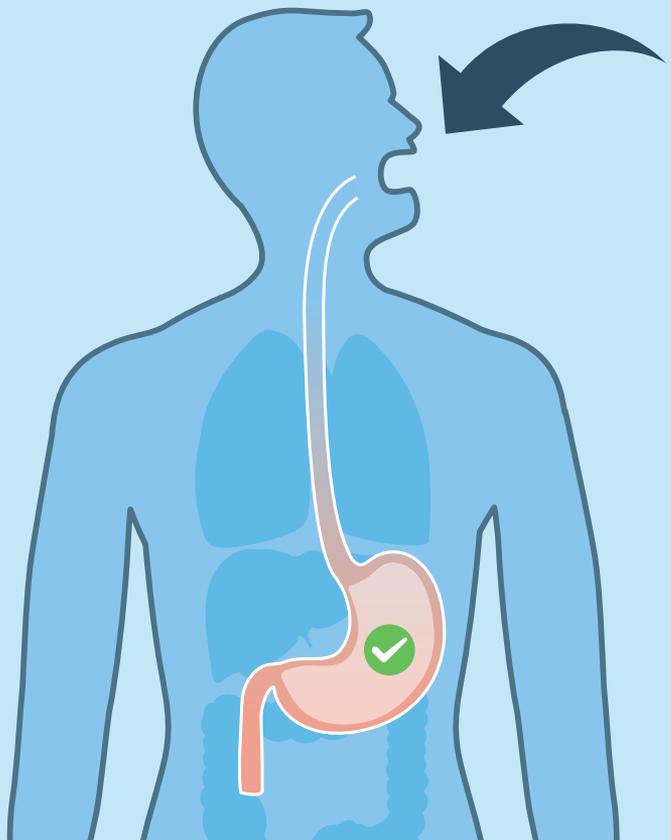


Eat **food that fills**
you and **turns to**
sugar (glucose)
slowly



Fibre-rich food



Wholegrain
starchy food



Whole fruit



Fruit juices



Dried fruit



Other food choices

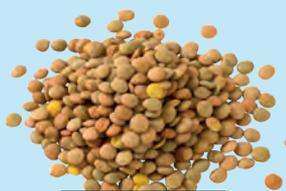
Meat and alternatives



Skinless chicken breast



Beans



Lentils



Egg



Prawn, white fish,
salmon



Tofu

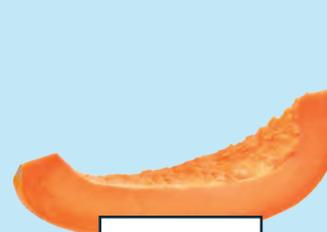
Fruit



Dragon fruit



Guava



Papaya



Pear



Orange



Apple



Other food choices

Vegetables



Broccoli



Eggplant



Capsicum



Cabbage



Kailan



Mushrooms

Starchy vegetables (counted as carbohydrates)



Potato



Sweet potato



Yam



Corn



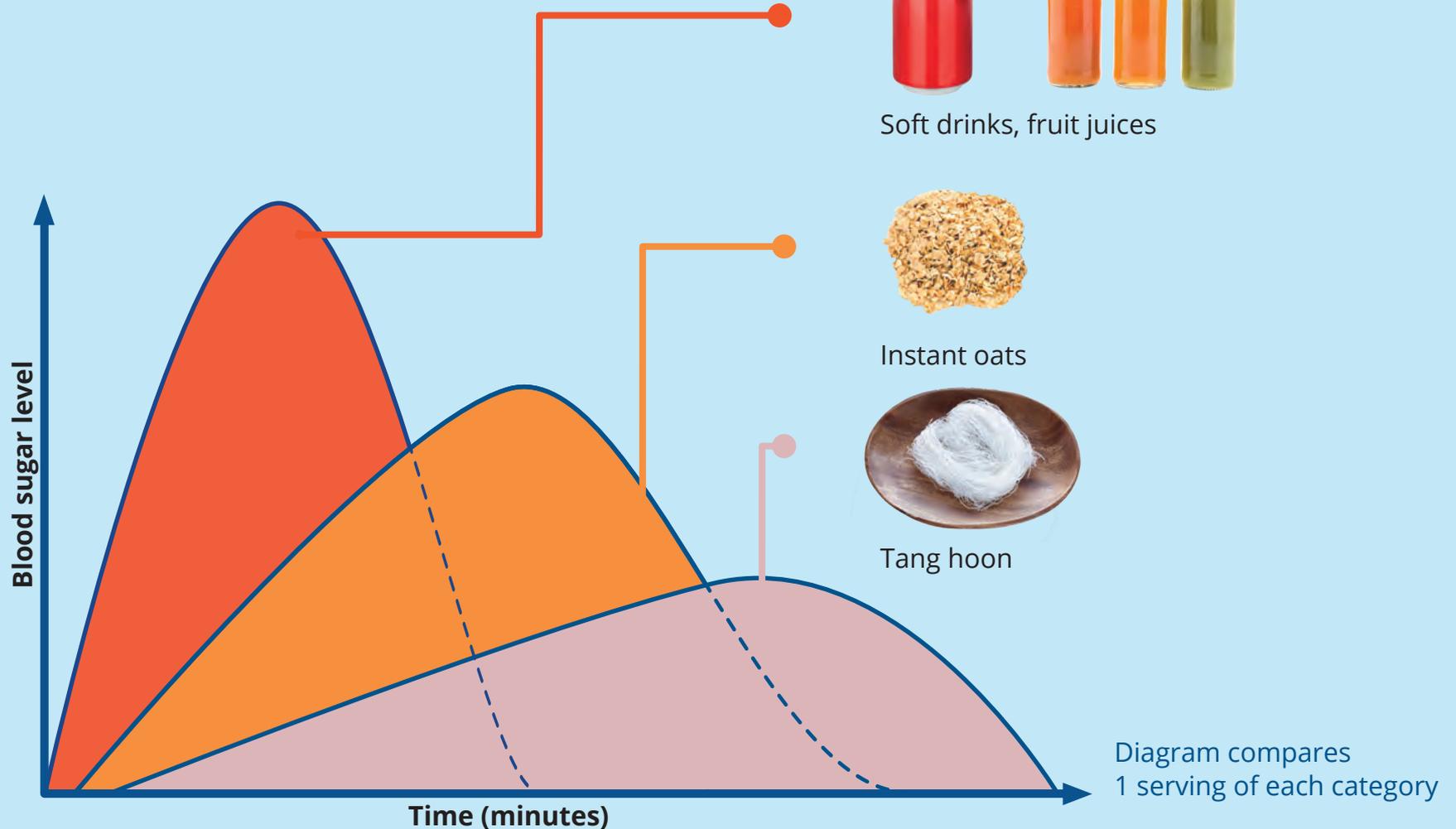
Pumpkin



Peas



Consider your meal choices, whenever possible



Consider your meal choices, whenever possible

- **Different food types have varied effects** on how blood sugar is released
- **The Glycaemic Index (GI)** ranks the carbohydrates in food according to how they affect blood sugar levels
- **Carbohydrates with a low GI value** are digested slowly and cause a lower and slower rise in blood sugar levels
- **Carbohydrates with a high GI value** are digested at a faster rate and cause a very sudden increase in blood sugar levels

Did you know?

Excess sugar in your body is converted to fat and stored in your body

How can I cook **healthy** **and yummy** meals?

Healthier cooking methods



Stir fry



Boil or steam



Grill or bake



Reduce salt, instead use natural seasonings (e.g. herbs and spices)



Choose healthier cooking oil (e.g. sunflower, olive or canola)



Remove all visible fat before cooking

How can I continue with **healthy eating** during **festivals** and **celebrations**?



Plan meals ahead



Opt for **healthier products**



Use **healthier cooking methods**



Eat in **moderation**



Avoid alcohol as much as possible



Maintain **medication schedule** and insulin dosage

How can I continue with **healthy eating** during **festivals** and **celebrations**?

Opt for healthier products

- Choose a variety of vegetables and wholegrain food

Use healthier cooking methods

- Stir fry
- Boil or steam
- Bake or grill

Avoid alcohol as much as possible

- Do not drink alcohol on an empty stomach
- If drinking alcohol is unavoidable – limit to 1 standard drink per day (10 g of alcohol)