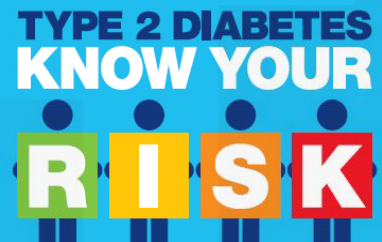


HOW CAN I REDUCE MY RISK?



1. Choose whole grain
2. Skip Sugary Drinks
3. Choose Good fats
4. Avoid processed meat
5. If you smoke, try to quit
6. Alcohol now and then

Day	Time	What did I eat and drink?	Activity	What could I change?
Monday	ing Sam	1 cup of tea with semi-skimmed milk 2 slices of wholemeal toast with butter & jam 1 chocolate biscuit	10 minute walk to the bus stop on my way to work	Swap the butter for low-fat spread and the chocolate biscuit for an orange
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

STORE CUPBOARD CHECKLIST

Keep your cupboard well stocked with some core ingredients and you'll be able to whip up a meal in no time.

<ul style="list-style-type: none"> ✓ Flour (plain and self-raising, preferably wholemeal, for baking) ✓ Rice (brown, basmati, wild grain, or whole-cook rice) ✓ Wholemeal pasta ✓ Reduced-salt soy sauce ✓ Dried fruit (good for snacks instead of crisps... but don't overdo it if you're trying to lose weight or keep blood glucose down) ✓ Cooking oil (choose sunflower, olive or rapeseed oil, and get an oil sprayer, as you'll use less) ✓ Canned fish (tuna, sardines, mackerel, or salmon) 	<ul style="list-style-type: none"> ✓ Canned beans (baked beans, butter, cannellini and kidney beans) ✓ Canned tomatoes ✓ Chili powder ✓ Dried herbs and spices (fennel, or fennel seeds, black pepper, paprika, thyme, basil, tarragon, oregano, cumin and cinnamon) ✓ Onions ✓ Garlic ✓ Sugar or artificial sweetener ✓ Potatoes ✓ Stock cubes (choose reduced-salt varieties)
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Once you have your cupboard stocked, check out our delicious recipes and start cooking: www.diabetes.org.uk/Recipes

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MEAL PLANNER

Write down the meals you're having for the week ahead and stick it to the fridge to help you keep on track.

	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

If you're looking for inspiration, check out our delicious recipes online: www.diabetes.org.uk/Recipes

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Why Not Check Your Risk Today?

Best Doctors: 0800-917-9330
www.employeeecare.com

See your GP if you think you have diabetes



SCAN ME!