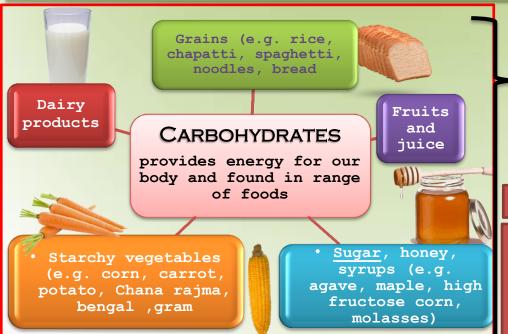
## Nutrition Tips for People with Diabetes

Advice from a Registered Dietitian

**Engliah Version** 

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



During digestion, all of these food will be changed to glucose. Glucose will then be absorbed into blood directly, causing blood glucose level to rise

### Myth Busting:

Only sugar in food affects blood glucose level? Sugar is only part of a nutrient called carbohydrates and all of the following affect your blood glucose level!

- ✓ 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











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,

# Don'ts



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.