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 Fruit Juice	 Fresh Fruit
 Sweetened Drink	 Unsweetened Drink
 Sweetened Coffee/Tea	 Unsweetened Coffee/Tea
 White Bread	 Wholemeal Bread
 White Rice	 Brown Rice

Diet Tips for Blood Glucose Control

	
 Dry Yong Tau Foo	 Yong Tau Foo Soup
 Nasi Briyani	 Economical Rice
 Kueh Lapis, Curry Puff	 Sandwich, Siew Mai

TIPS FOR CUTTING DOWN ON SUGAR AND CARBOHYDRATE IN YOUR DIET

- Opt for sugar-free beverages
- Limit intake of sweetened beverages, sweet desserts
- Ask for less/ no gravy or sauces
- Ask for less rice/ noodles
- Increase your fibre intake by eating more vegetables, wholegrains products

**Do seek advice from dietitian if you want to know more about your diet or need individualized diet advice.*