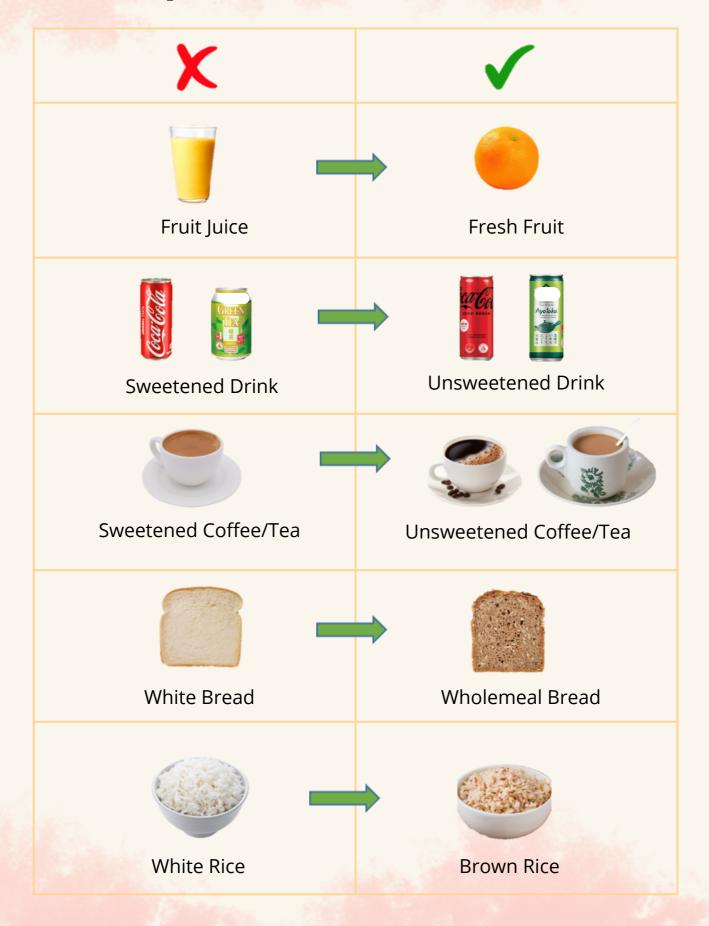


Diet Tips for Blood Glucose Control





Diet Tips for Blood Glucose Control



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.