

India Club

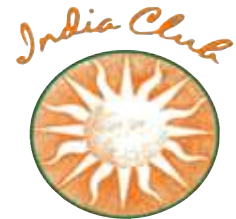


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Take home messages:

1. Your GP is a good contact point to discuss diabetes and testing.
2. We can delay or prevent diabetes by making a few changes to our lifestyle.
3. Include plenty of vegetables for a healthy diet.
4. Choose low GI foods to reduce blood sugar response.
5. Include foods that are a good source of healthy fats, such as fish, nuts and olive oil.





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Example actions for change

1. Go to the GP and ask about testing HbA1c.
2. Keep a record of my eating habits over three days.
3. Include leafy green vegetables in my diet at least 4 times per week.
4. Try a new recipe using low GI grains.
5. Share a recipe with a friend, after trying one myself.



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3 changes I would like to do?

1.

2.

3.



I will share my plan with.....

