

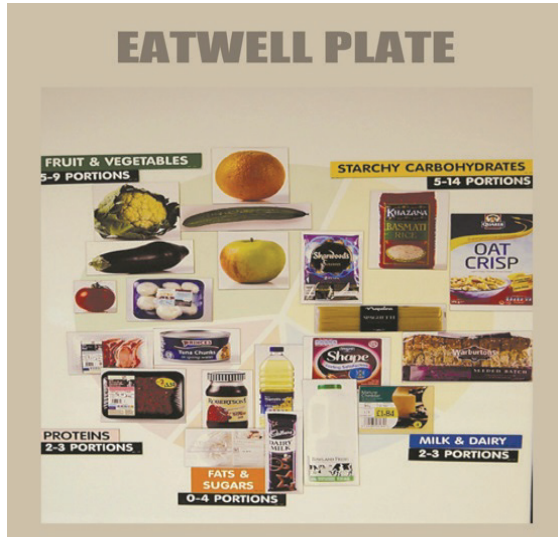
Diabetes Awareness Programme

اللائحة الصحية

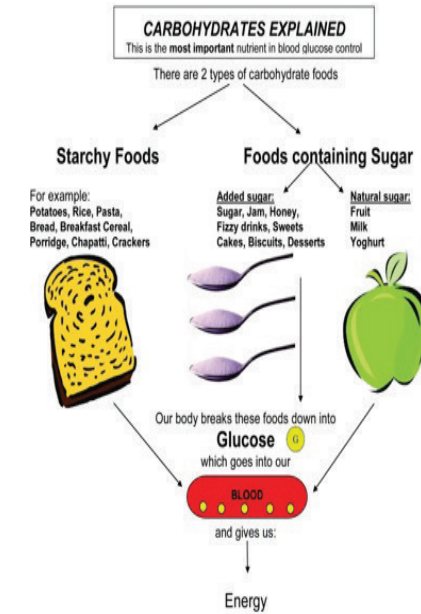
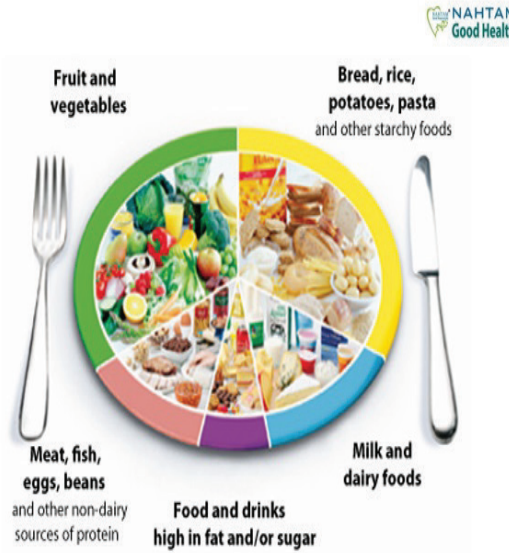
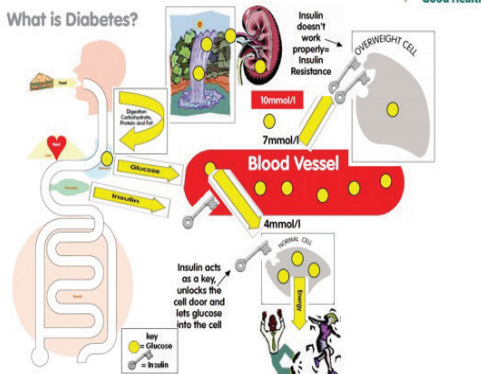
التحكم بأجزاء الجسم، والأحجام باستخدام "اللائحة الصحية"

Healthy Plate

Control your portion, sizes using the "Healthy Plate Matter"



What is Diabetes?



Healthy Plate

Control portion sizes using the 'Plate Method' below:

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Control your portion sizes using the 'Healthy Plate Method'. We often eat portions that are too large which contributes to weight gain, yet there is an easy way to make sure you're eating the right amount. Here's a guide for what to put on your (9inch) plate: Fill ½ your plate with non-starchy vegetables (like spinach, carrots, lettuce, greens, cabbage, broccoli, cauliflower, tomatoes) Fill ¼ of your plate with low-glycaemic starches (like basmati rice, 'al dente' pasta, fibre-rich cereals) Fill ¼ of your plate with lean meat or non-meat protein (like fish, chicken, meat, eggs, or vegetables)

