



NUTRITION -
**PROTECTION AGAINST
TYPE 2 DIABETES**

**FROM PLATE TO PREVENTION: HOW FOOD CHOICES CAN PROTECT
AGAINST TYPE 2 DIABETES**



WHOLE GRAINS

Opt for foods that are rich in fibre such as oats, quinoa and barley which regulates energy



LEAFY GREENS

Incorporate spinach, kale and Swiss chard in meals to boost insulin sensitivity



NUTS AND SEEDS

Enjoy almonds, walnuts, flaxseeds and chia seeds, full of healthy fats and fiber



BERRIES

Regulate your blood sugar levels with blueberries, raspberries and strawberries



SMART EATING TIPS

Start your day with a fibre-packed breakfast, such as nuts and seeds for snacks and over sugary desserts



**Physical
health**



financial
guidance



Mental
health



legal
assistance

**For confidential assistance on physical health matters, contact your
EMPLOYEE WELLNESS PROGRAMME
on toll-free 0800 004 770
or SMS your name to 31581**