

10 tips for healthy eating with diabetes

There are different types of diabetes, so there isn't a one-size fits all way of eating. But we've come up with tips that you can use to help you make healthier food choices.

They can help you manage your blood glucose (sugar), your weight and reduce the risk of diabetes complications.

If you have Type 1 diabetes, carb counting is really important to keep your blood glucose levels steady.

If you have Type 2 and you're overweight, finding a way to lose weight is important. It really improves diabetes management because it can help to lower your blood glucose and reduce your risk of other complications.

