


# Enjoy FOOD



Helping families  
with diabetes  
shop, cook and eat

**DIABETES UK**  
CARE. CONNECT. CAMPAIGN.

Working in partnership with

**TESCO**



**Enjoying what you eat is one of life's pleasures. But if you have diabetes, or cook for someone who does, it can be tricky at times.**

That's why we're launching *Enjoy Food*, to help everyone affected by diabetes put the excitement back into cooking and enjoying a healthy diet. You'll find recipes, advice and expert diabetes nutritional information online and in a handy pack.

From your weekly food shop, to serving up a delicious meal at the table, there's simple, practical advice for all families on any budget. For everyone with diabetes, whether you're newly diagnosed, looking for family-friendly recipes or just in need of healthy mealtime inspiration, we're here to help you start enjoying food again.

[www.diabetes.org.uk/enjoyfood](http://www.diabetes.org.uk/enjoyfood)  
To order your free *Enjoy Food* pack  
call 0800 585 088.



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