

**Goals of healthy eating to prevent diabetes in Kenya. Colour lithograph by Ministry of Health, ca. 2000.**

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# Goals of HEALTHY EATING



**1** Good blood sugar control



**4** Less Complications



**2**  
Feeling good!  
Look good!



**3**  
Healthy body  
weight

## Food for thought and diabetes

- Eat whole meal bread and cereals in moderation
- Eat less refined sugar
- Drink more water



Eat less fat



Orange



Bread



Mango



Banana



Eat fruits and  
vegetables



Paw paw



Kenya Diabetes Management and  
Information Centre

For more information on Diabetes contact your nearest health facility  
or Diabetes Management & Information Centre. Tel: 2718010/2733794



WORLD DIABETES FOUNDATION