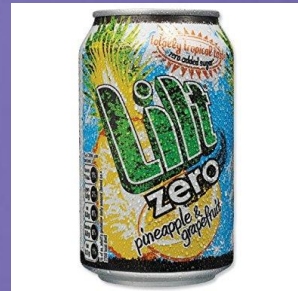




Helping people with diabetes make healthier choices during Ramadan



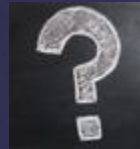
Dietary choices during Ramadan:

Helping people make better choices

Key points to be considered:

- Portion sizes
- Carbohydrate content
 - Glycaemic index
 - Cooking methods
 - Healthier options
 - Hydration

Portion sizes: breaking the fast



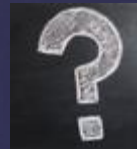
Portion sizes continued...



Curry, Chicken (with White Rice)



Glycaemic Index



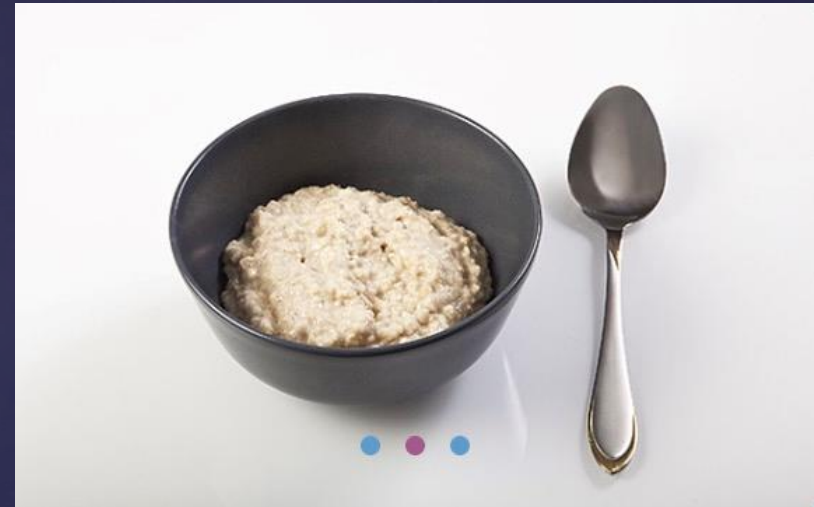
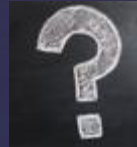
Brown or basmati rice

White rice

Glycaemic index continued...



Shredded Wheat



Porridge

Cooking methods: breads



Paratha



Chapatti

Cooking methods: samosas



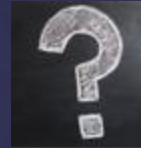
Vegetable Samosa



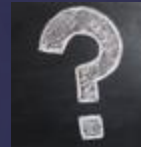
Vegetable Samosa



Healthier options



Hydration



Hydration continued...



Key messages

- Watch portion sizes (particularly of carbohydrates)
 - Opt for lower glycaemic index foods
- Choose foods lower in fat (avoid deep fried foods)
- Choose foods and drinks lower in sugar including fruit juice

Acknowledgements

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