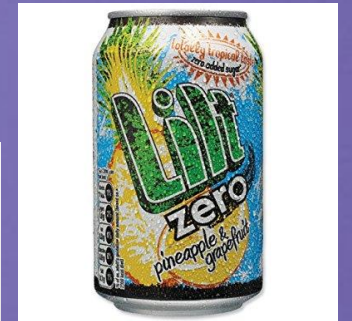




Helping people with diabetes make healthier choices during Ramadan Part One



Dietary choices during Ramadan:

Helping people make better choices

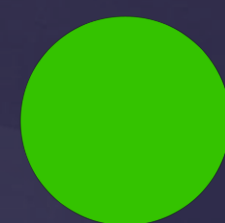
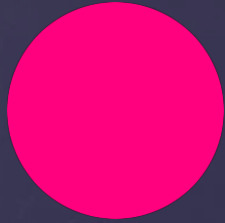
Key points to be considered:

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

Portion sizes: breaking the fast



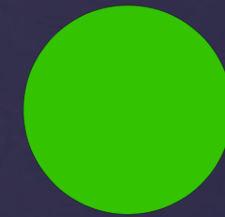
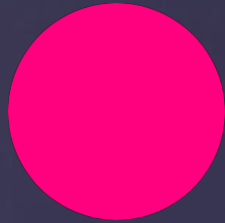
Portion sizes continued...



Curry, Chicken (with White Rice)



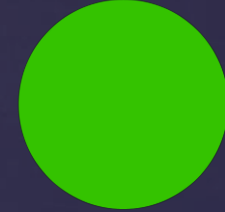
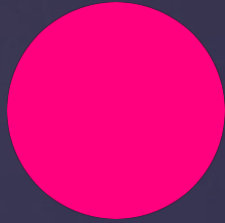
Glycaemic Index



Brown or basmati rice

White rice

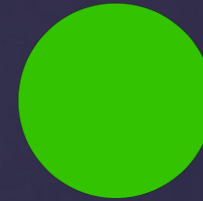
Glycaemic index continued...



Shredded Wheat

Porridge

Cooking methods: breads



Paratha

Chapatti

Cooking methods: samosas



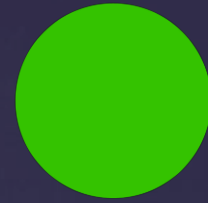
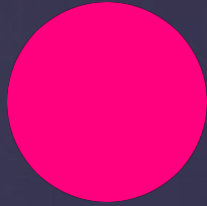
Vegetable Samosa



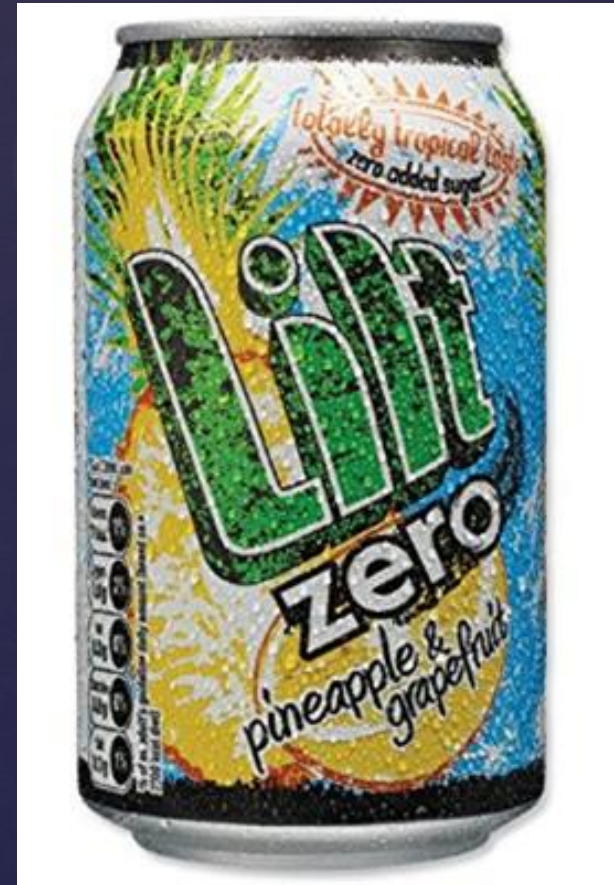
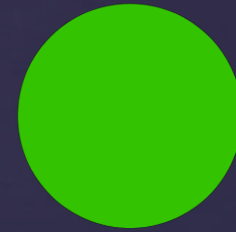
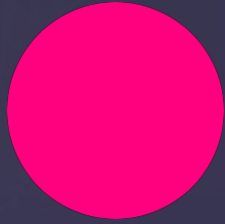
Vegetable Samosa



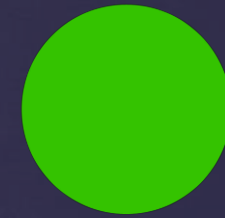
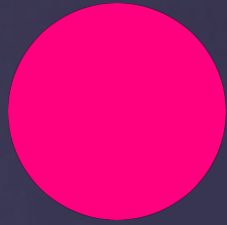
Healthier options



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

Thanks to Carbs and Cals for images used

