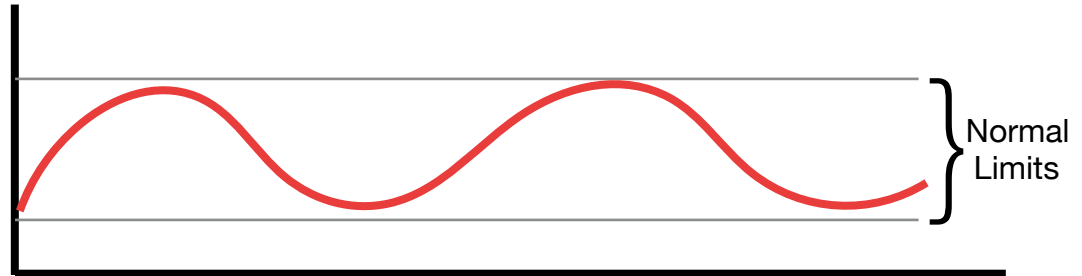


Healthy Eating

Balance Your Blood Sugar Levels



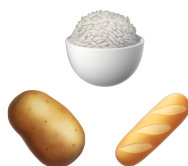
Your blood sugar levels will rise and fall all day but ideally stay with the normal limits. Try to limit sugar, refined carbs and caffeine.

Choose Your Drinks Wisely



The recommendations are to drink 6-8 glasses of water per day, 2-3 caffeinated drinks and 1-2 units of alcohol per day. Moderation is key!

Consume A Balanced Diet



Carbs

Fats



Protein

Fruit & Veg



Consuming a diet that consists of complex carbohydrates, fats, protein and fruit & vegetables will help to maintain overall wellbeing