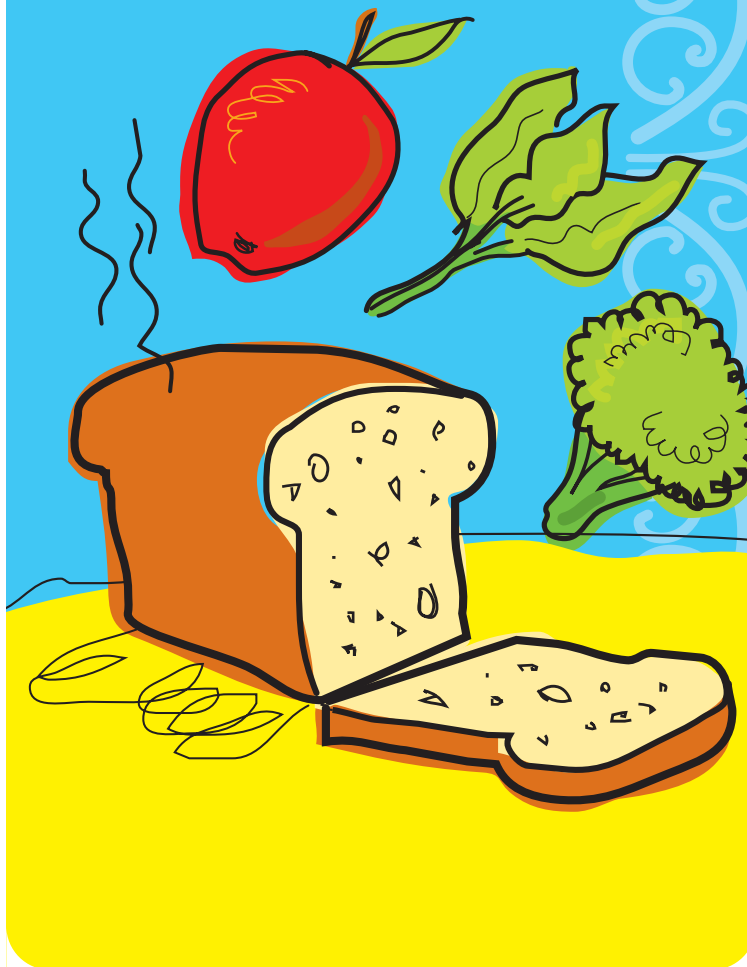




Mauriora-
Diabetes Prevention

**Kia kaha ake te
kai kaka tipu**

Eat more fibre





Mauriora - Diabetes Prevention

Kia rite ki te taura here oranga! Kaingia, ake, nga momo kai ka here ana i te oranga ki roto i a koe!

Tips...

- Switch to wholegrain breads
- Eat 5+ fruit/vegetables per day
- Check the labels for fibre content
- Beans and peas are good fibre sources

Own Tips...

