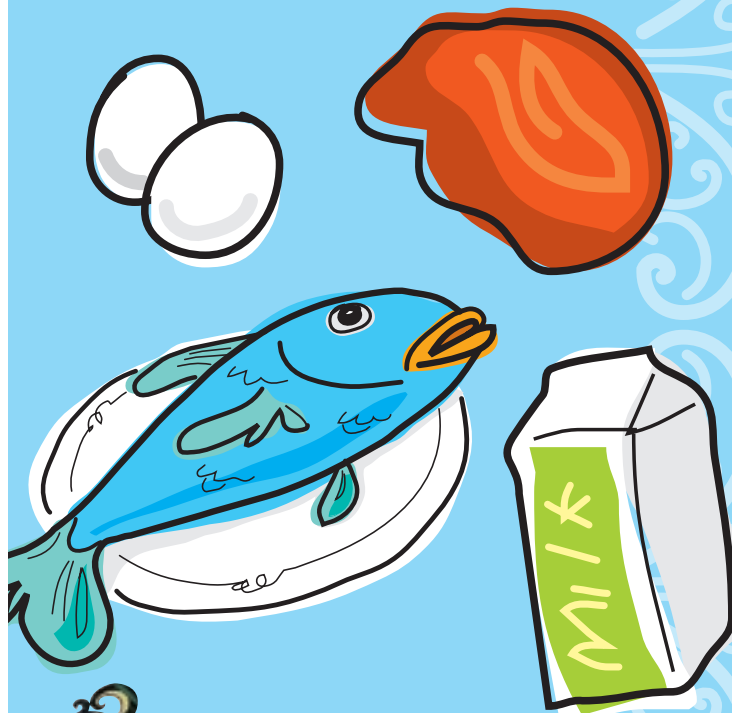


**Kaingia ngā
tūmomo kai, kī
pai ki te pūmua**

**Choose greater
variety of protein
containing foods**



Diabetes Prevention - *Mauriora*

Tips...

- Choose lean meat or chicken
- Trim milk is a good source of protein
- Canned fish in spring water is a good choice
- Learn some recipes using lentils and beans.

Own Tips...



Diabetes Prevention - *Mauriora*
PŪMAUhia, ake, ngā momo kai PŪMUA, hei
oranga ake!