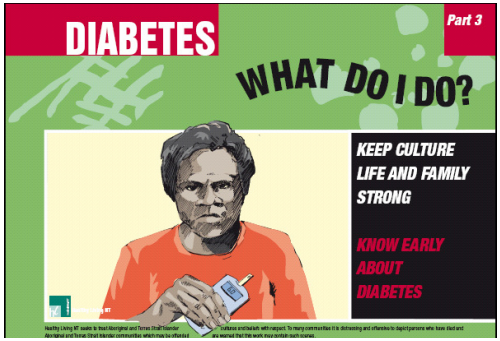
Indigenous Australian Resources

Keep Culture, Life & Family Strong - Know Early About Diabetes Series



Part 3 - What Do I Do?

Part 3 provides a clear and easy explanation as well as some clear ways to help with managing diabetes. The techniques are practical, simple, easy and realistic.

It looks at:

Eating Healthy - bush tucker, shop foods and home cooked meals low in fat, sugar and salt, eating foods from each of the food groups, every day and over the day, drink plenty of water

Easy Ways To Eat Less Fat - choosing low fat, cutting fat off, draining juices and using less fat with cooking and using the palm of your hand to choose the amount of food to eat.

Being a Healthy Weight - eating less fat, eating healthy and being more active.

Being Active - how and why (benefits eg lose weight, helps insulin work properly and keeps you healthy.

Taking Medicine - when eating, refilling scripts and dossetts before running out, storage

Having Check Ups - checking the feet and skin