

# WORLD FOODS

Visual guide to **African, Arabic, Caribbean & South Asian** foods

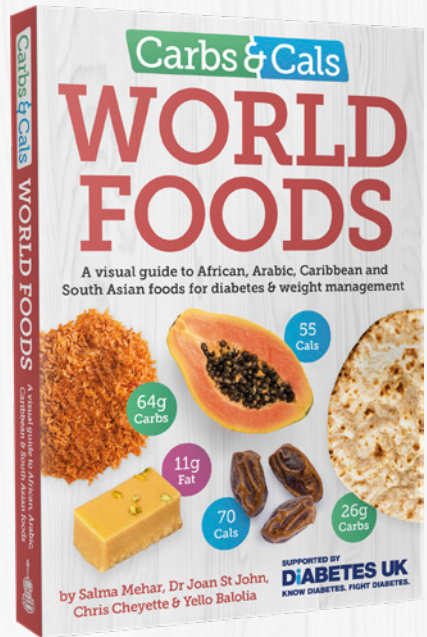
- ✓ Shows carbs, calories and fat in traditional foods
- ✓ Understand how foods affect blood glucose levels
- ✓ Perfect for type 2 diabetes and weight management

750 photos of foods & drinks

Rice (basmati)

Weight	Carbs	Cals	Fat	Effect on Blood Glucose
100g	32g	145	1g	5 icons
225g	71g	320	2g	10 icons
355g	109g	495	3g	15 icons

Icons show effect on blood glucose levels



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**DIABETES UK**  
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**LOW CAL MEAL PLANS**



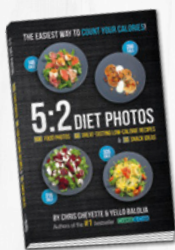
**SALADS**



**SMOOTHIES**



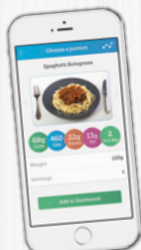
**SOUPS**



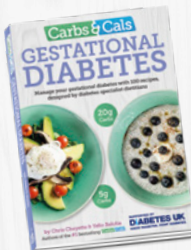
**5:2 DIET PHOTOS**



**POCKET COUNTER**



**MOBILE APP**



**GESTATIONAL DIABETES**



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