

Diabetes Mellitus (DM)

Patients with diabetes can substitute refined carbohydrates food with wholegrain options, vegetables and fruits to increase dietary fibre in their diets.

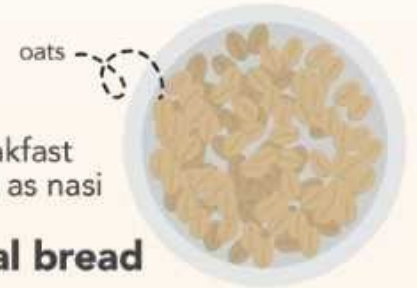


Have **whole fruits with skin or peel intact** over fruit juices as most of the fibre will be lost during the juicing process

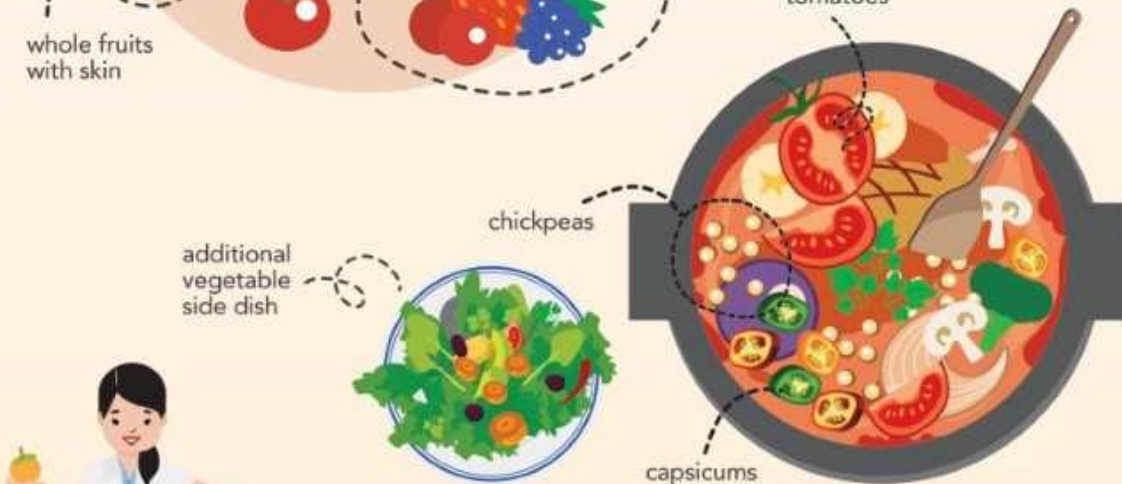
Choose **wholemeal/multigrain** options over refined alternatives



Replace breakfast options such as nasi lemak with **wholemeal bread** or **oats**



Choose **unsalted nuts and seeds** if you have to snack



Add an **extra serving of vegetables** to main meals e.g. stir-fry an additional vegetable side dish or include capsicums, tomatoes, chickpeas to curries and soup

Should you have further queries on dietary management, or kidney problems, do consult a dietitian for individualised dietary advice.

