

QUIZ

HOW MUCH DO YOU KNOW ABOUT A DIABETIC DIET?

- 1) Why is a regular meal pattern important?
- 2) Why is it important that people with diabetes avoid sugar, sugary foods and sugary drinks?
- 3) Why are high fibre foods recommended?
- 4) What advice is given on fats (to help reduce your risk of heart disease)?
- 5) How much fruit and vegetables (excluding potatoes) should you eat each day?
- 6) Are you advised to raise or lower your salt intake?
- 7) What are the safe limits of alcohol? What drinks are more suitable than others?
- 8) What advice would you give a diabetic friend about diabetic products?
- 9) What are the symptoms of a 'hypo' and how should you treat it?
- 10) Why is exercise good for you? What advantages does it have for people with diabetes?

