



Healthy eating for Diabetes prevention and management

Reflection guide

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Overview

1. Understanding diabetes
2. Winning over diabetes
 - Lifestyle changes
 - Nutrition
 - Healthy weight
 - Alcohol
 - Physical activity
 - Mental wellbeing
 - Medication
3. Useful resources

Key takeaways



Main points:



Learning insights:



What areas do I need to improve on?



My action plan: