

# SNACK

A 30g handful of nuts makes an ideal snack that can control your blood glucose levels



## GOOD SOURCE OF MAGNESIUM

a diet high in magnesium reduces the risk of type 2 diabetes



# NATIONAL DIABETES WEEK TIME TO GO NUTS



## HEALTHY HEART



People with diabetes have

**2x** 

risk of heart disease



A daily handful of nuts can **reduce** the risk of heart disease in diabetic women by around

**40%**

EATING A **30g** HANDFUL OF NUTS

at least **4X** a week



reduces

the risk of type 2 diabetes by

**13-27%**

Rich in fat, fibre and polyphenols to **improve insulin function**



**LOW GI EFFECT**

Adding nuts to carb-rich meals **reduces** the **rise in blood glucose** after eating



ENJOY A 30g HEALTHY HANDFUL TODAY

