



# It's World **DIABETES DAY**

and the theme for this year is ensuring  
**Access to Diabetes Care.** If you or someone  
you know has diabetes,

remember these 4 very  
important guidelines (TEEL):

***FOR FREE DIETARY ADVICE,***

contact the Pick n Pay dietitian at [healthhotline@pnp.co.za](mailto:healthhotline@pnp.co.za)



# TEEL

## TAKE YOUR MEDICINE EVERY DAY

If you take tablets, take them after dinner to reduce stomach discomfort. If you take insulin, always inject it into a new spot.



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# TEEL

## EAT HEALTHY FOOD

Have half a plate of vegetables or salad for lunch and dinner.



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# TEEL

## EXERCISE AS OFTEN AS POSSIBLE

Go for a 30-minute walk every day,  
if you can.



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world diabetes day  
14 November

# TEEL

## LOSE WEIGHT, IF YOU NEED TO

Small changes make a big difference. Switch out fizzy drinks and fruit juice for water.



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