

**NO MONEY
NO TIME**

**FOLLOW THE LINK
ON EACH TILE FOR
PRACTICAL TIPS TO
HELP YOU EAT WELL
AND MANAGE
DIABETES**

**DIABETES
WHAT DOES DIET
HAVE TO DO WITH IT?**

<https://qrco.de/bgvsR6>

**TAKE THE
HEALTHY EATING
QUIZ!**

<https://qrco.de/bfWzEN>



**SET YOUR
GOALS**

<https://qrco.de/bgvsRm>

**FOOD, COOKING
AND DIABETES
EBOOK**

<https://qrco.de/bfFeoz>

**FREE HEALTHY,
AFFORDABLE
RECIPES**

<https://qrco.de/bgrkA4>

**PRACTICAL
NUTRITION
INFORMATION**

<https://qrco.de/bgrkBX>


PODCAST

**NUTRITION SCIENCE
BITES PODCASTS**

<https://qrco.de/bgrkDB>



KEEP GOING!

**RE-TAKE THE
HEALTHY EATING
QUIZ EVERY 6
WEEKS!**

<https://qrco.de/bfWzEN>

VISIT

<https://qrco.de/bgslI>

**OR SCAN THE QR
CODE TO DOWNLOAD
THIS HANDOUT**

