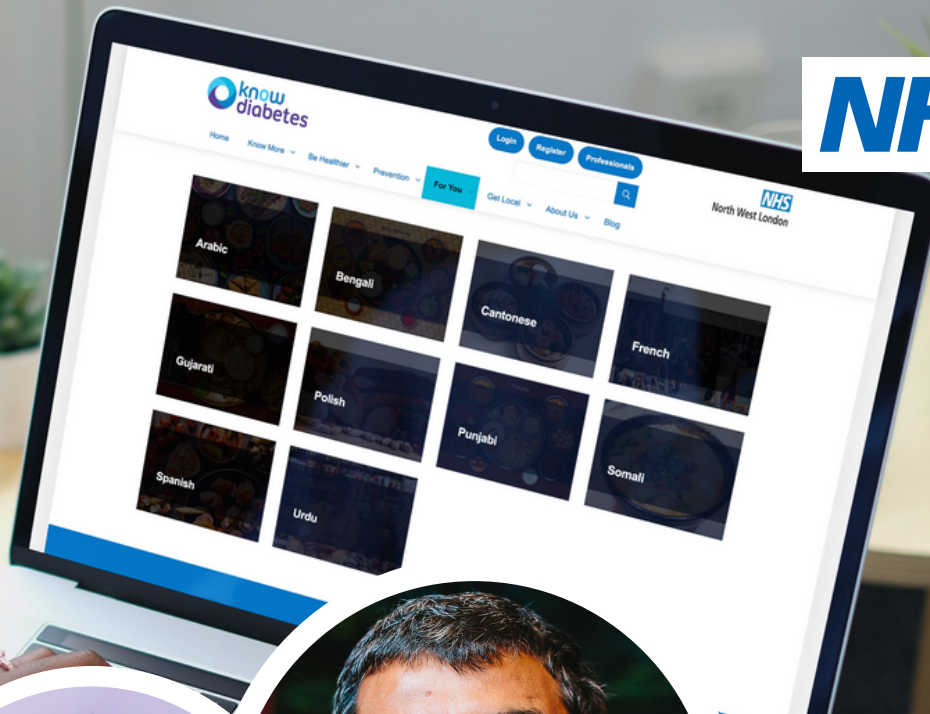




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LANGUAGE — RESOURCES —



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knowdiabetes.org.uk/languages



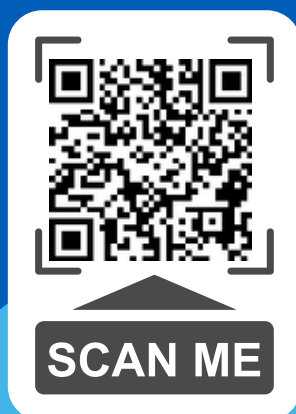
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REWIND

Living with type 2 diabetes? The new REWIND programme will help you to lose weight, reduce medication and even achieve Remission



knowdiabetes.org.uk/rewind



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FOOT HEALTH QUIZ

How much do you know
about your feet?



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knowdiabetes.org.uk/foot-quiz



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STOP TYPE 2 DIABETES

There are over 185,000 people in North West London who are at risk of developing type 2 diabetes. Furthermore, we estimate there are another 40,000 who are undiagnosed. Positive evidence shows behavioural interventions, which support maintaining a healthy weight and being more active can significantly reduce the risks.



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knowdiabetes.org.uk/prevention



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MEAL PLANS

Not sure what to eat on a lower-carb diet?

We have created various 7-day meal plans for people who eat an **Arabic, Caribbean, West African, South Asian** vegetarian or non-vegetarian diet. These meal plans will give you plenty of ideas on how to get started.



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knowdiabetes.org.uk/meal-plan