


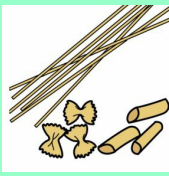

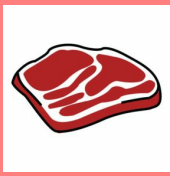
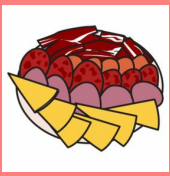
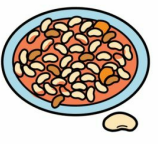
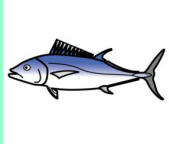

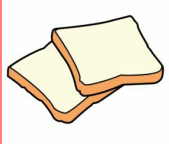
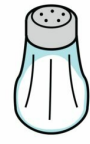


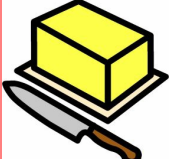








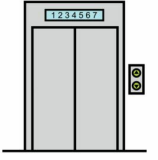


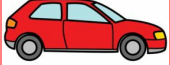


# Diabetes typ 2 - mat och motion - svenska

|  |  |   |  |  |   |  |
|--|--|---|--|--|---|--|
| mer av detta<br>  | grönsaker<br>         | frukt<br>          | fullkornspasta<br>    | mindre av detta<br> | rött kött<br>    | pålägg<br>  |
| baljväxter<br>    | fisk<br>              | skaldjur<br>       | fullkorn<br>          | vitt bröd<br>       | socker i mat<br> | salt<br>    |
| nötter<br>        | frön<br>              | mager mejeri<br>   | olja<br>              | smör<br>            | chips godis<br>  | alkohol<br> |
| träning<br>      | vardagsaktivitet<br> | bära<br>          | trappa<br>           | gå<br>             | stå<br>         | cykla<br>  |
| regelbundet<br> | rörelse<br>         | muskelstyrka<br> | hiss/rulltrappa<br> | sitta<br>         | skärmtid<br>   | bil<br>   |