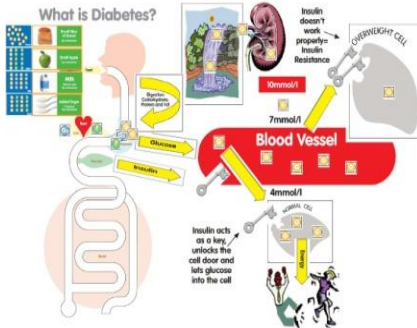




# X-PERT Health

Educating for better health



Nutrition for Health



Goal Setting

Biggest Concern

Feelings, Beliefs and Values

STOP ...and Think

Food Labelling Guide

	Low Fat, High Carb Diet	Mediterranean Diet	Low Carb, High Fat Diet
<b>Carbs</b>	To appetite	To appetite	Less than 10g per 100g
<b>Sugars</b>	Less than 5g per 100g	Less than 5g per 100g	Less than 5g per 100g
<b>Fat</b>	Less than 3g per 100g	To appetite	To appetite
<b>Saturates</b>	Less than 1.5g per 100g	Less than 1.5g per 100g	To appetite
<b>Fibre</b>	More than 3g per 100g	More than 3g per 100g	More than 3g per 100g
<b>Salt</b>	Less than 0.3g per 100g	Less than 0.3g per 100g	To taste

Number of portions should be adjusted for weight control

## Do you have Type 2 diabetes?

The X-PERT Diabetes programme is a 6 week group based programme. Each 2½ hour session will equip you with the skills to better manage your diabetes resulting in improved health and quality of life

## Improve your health *now*

### Attend the X-PERT Diabetes Programme

**Please contact your GP or Practice Nurse to be referred onto the course**

For more information about the programme, you can contact the X-PERT course coordinator on: **01773 525029**