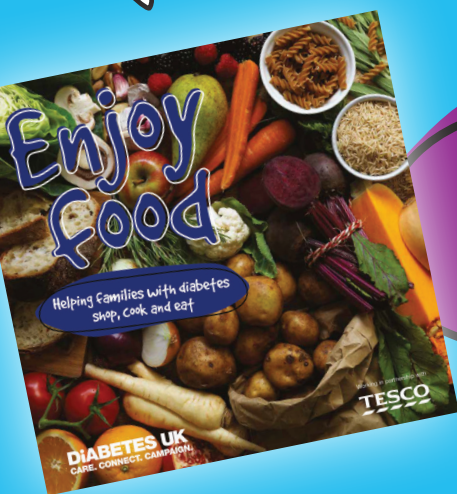


Enjoy Food



Enjoy Food is a new guide from **Diabetes UK** to help everyone affected by diabetes put the excitement back into cooking and enjoying a healthy diet.

Available online, or in a handy pack, it's full of recipes, expert diabetes information, and advice. So whether you're newly diagnosed, looking for family-friendly recipes or just in need of healthy mealtime inspiration, we're here to help you start enjoying food again.



www.diabetes.org.uk/enjoyfood
To order your free *Enjoy Food* pack call 0800 585 088.



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