

Fresh Baked Over Sweet Savoury

**healthy eating for people at risk of diabetes or with ...** - 5 bread, rice, potatoes, pasta and other starchy foods [include low gi options with every meal.](#) [Choose multigrain bread and bran, or oat based cereals.](#) [Choose basmati rice and durum wheat or wholegrain pasta \(cook al dente\).](#)

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