



**more than
you need
is more than
you need**

Stay sweet as.

Diabetes affects over 200,000 Kiwis. But there are things you can do to lower your risk. And it's the little things that make the biggest difference. So look out for healthier food options, cut back on sugary snacks and visit staysweetas.co.nz for other easy ways to stay well.



diabetes
new zealand

www.staysweetas.co.nz