

'Healthy Khana'

Diabetes UK has launched 'Healthy Khana' - 'Khana' means eating in Hindi. This booklet is a comprehensive version of the mainstream 'Eating well'. This culturally specific booklet aims to give you a simple guide of how to make healthy changes to eating habits.

When you are diagnosed with diabetes it can be challenging to make all the right choices to eat healthily. Recently produced Healthy Khana aims to give you a simple guide of how to make those changes to your eating habits. The leaflet dispels food myths, gives options on how you can make traditional foods healthier and provides guidelines about going out to eat and foods consumed during religious holidays.

'Healthy Khana' has been produced for people from South Asian communities. Importance has been placed on producing information about food choices and eating well with diabetes in the relevant languages for specific communities considering it has been a significant gap in diabetes education for people from diverse communities. The need for good dietary advice is a critical first step after diagnosis. Appropriate dietary information is an essential component of diabetes management, which has to contain information specifically for the relevant target group. Diabetes UK has ensured that Healthy Khana takes in to account the different food choices made within the various black and minority ethnic communities. Furthermore account must be taken of lifestyle, cultural and religious behaviours. As dietary information is most often sought by people with diabetes, Healthy Khana is detailed and descriptive.

'Healthy Khana' is **FREE** and is available in bi-lingual English and in all South Asian languages (Bengali, Hindi, Punjabi, Urdu and Gujarati)

You can order your copy by calling **0800 585 088** using the following product codes:

- Z9775 Healthy Eating South Asian - Hindi
- Z9776 Healthy Eating South Asian - Punjabi
- Z9777 Healthy Eating South Asian - Gujarati
- Z9778 Healthy Eating South Asian - Bengali
- Z9779 Healthy Eating South Asian - Urdu