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add an extra handful of peas to rice, spinach to lamb or onions to chicken. try mushrooms, cucumber, spinach, cabbage, cauliflower, broccoli, celery and lettuce for lower carb vegetable options. try avocados, blackberries, raspberries, strawberries, plums, peaches and watermelon for lower carb fruit options.

### What is a healthy, balanced diet for diabetes? | Diabetes UK

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