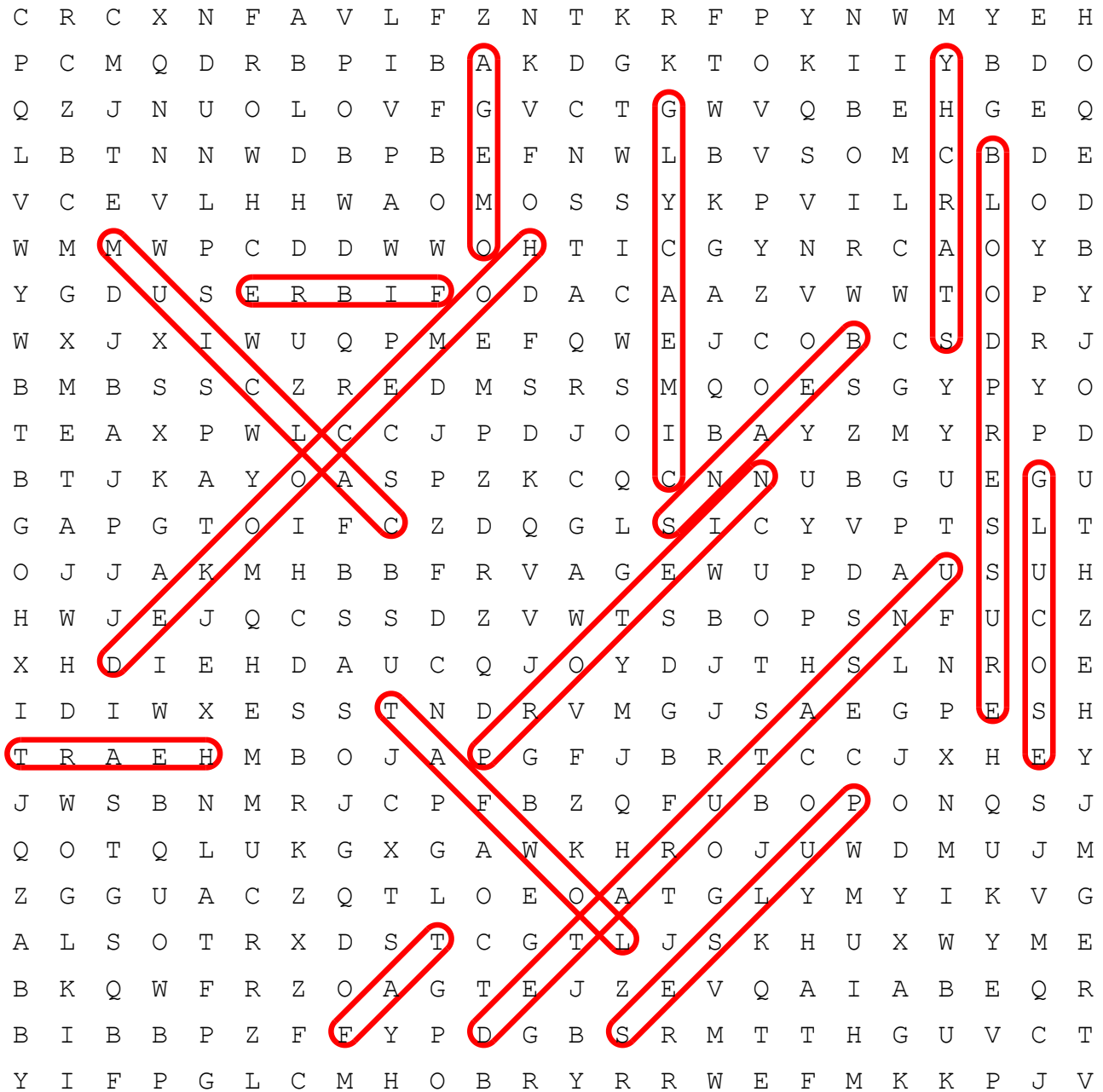


Type 2 diabetes



bloodpressure

unsaturated

homecooked

glycaemic

glucose

calcium

protein

starchy

lowfat

pulses

heart

omega

beans

fibre

fat