



Weetabix Food Co.

WEETABIX MILLS · BURTON LATIMER · KETTERING · NORTHAMPTONSHIRE · NN15 5JR

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Diabetic Diet

People with diabetes are advised to follow the same healthful eating plan recommended for everyone – food that is low in fat, salt and sugar including plenty of fruit and vegetables. Any of our products may be suitable depending on specific circumstances. Your GP will be best placed to advise you individually.

From our range your most healthful choices are:

- Weetabix
- Weetabix Organic
- Ready Brek Original
- Oatibix

You may wish to contact Diabetes UK:

Diabetes UK
Macleod House,
10 Parkway
London
NW1 7AA

Tel 020 7424 1000
Fax 020 7424 1001

Email info@diabetes.org.uk
Web www.diabetes.org.uk