



“Ukiwa na diabetes, hutawahi kula chakula ina sukari tena”



Diabetes is not about banning every sweet food

Choose Broadways Natural Brown Bread

*Natural
Brown Bread*

*Its natural ingredients
help support gut health*



Pay attention to common diabetes symptoms



Blurred vision



Slow healing wounds / sores



Dry skin

Regular diabetes screening helps with early diagnosis and lowers the risk of complications later.