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We've based our tips on research involving people with Type 1 and Type 2 diabetes.

If you have a different type of diabetes, like gestational, cystic fibrosis-related diabetes or MODY, some of these tips are relevant to you. It's important, whatever kind of diabetes you have, to see your dietitian for specific advice.

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"metaDescription": "Diabetes occurs when the body is unable to regulate the amount of glucose (sugar) in the blood.

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