

# HEALTHY BOILUPS FOR PEOPLE WITH DIABETES

COUNTIES MANUKAU DISTRICT  
HEALTH BOARD

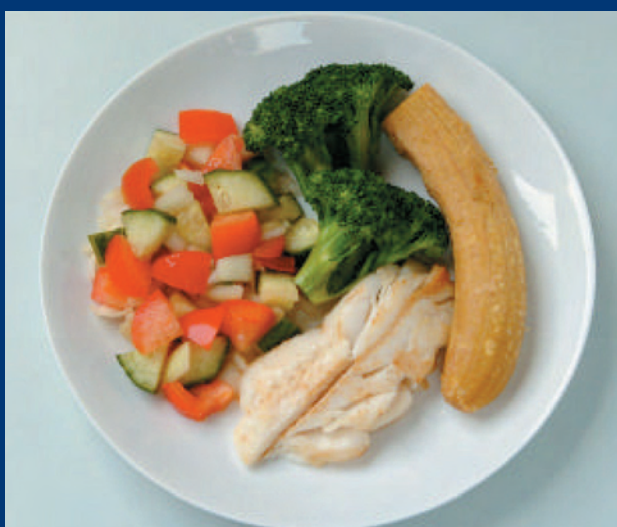
*A Community Partnership*



**CORNED BEEF BOILUP WITH  
RICE, BREAD AND VEGETABLES**



**PORK AND PUHA BOILUP  
WITH POTATO, KUMARA AND  
VEGETABLES**



**BOILED FISH AND GREEN  
BANANA WITH VEGETABLES**