

HEALTHY BOILUPS FOR PEOPLE WITH DIABETES

COUNTIES MANUKAU DISTRICT
HEALTH BOARD

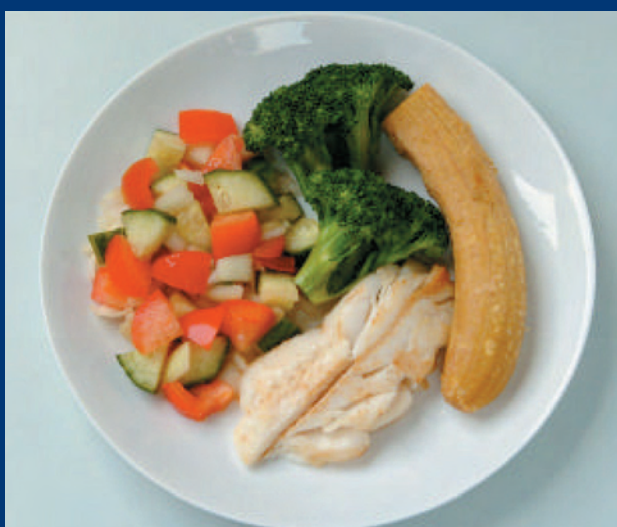
A Community Partnership



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



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



**BOILED FISH AND GREEN
BANANA WITH VEGETABLES**