

Let's talk

# SUGAR

How sweet is too sweet?

 **1 in 2 people** with diabetes don't even know they have it! 

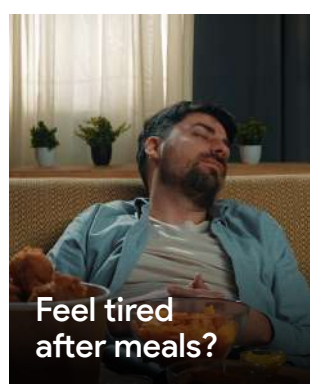


Symptoms like:

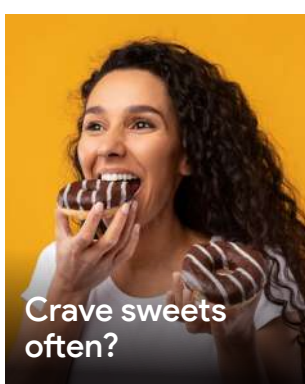
**fatigue,**  
**frequent urination**  
**& blurred vision**

often go unnoticed.

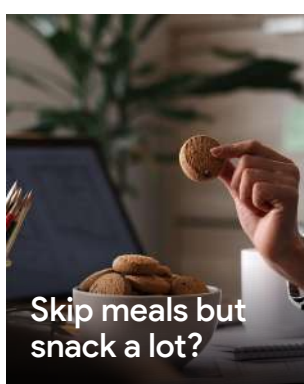
## Time for a quick self-check



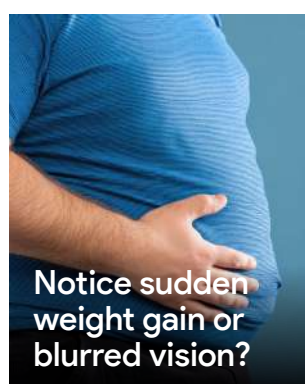
Feel tired after meals?



Crave sweets often?



Skip meals but snack a lot?



Notice sudden weight gain or blurred vision?

If you said YES to 2 or more—**get your sugar checked!**

ANYA Says:

**“You don't have to quit sweets forever!”**

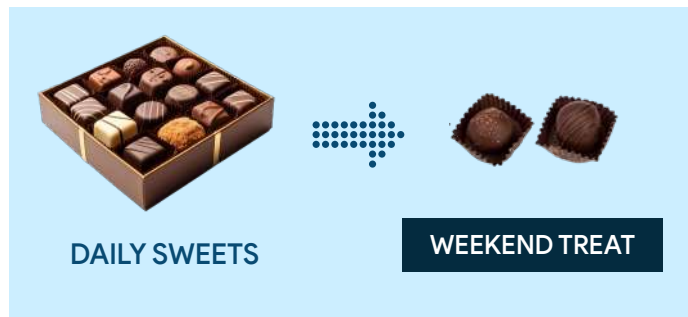
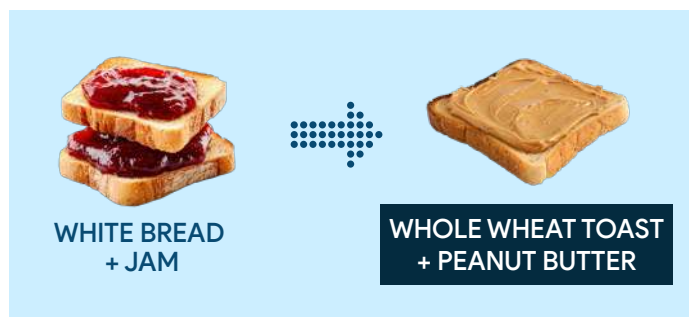
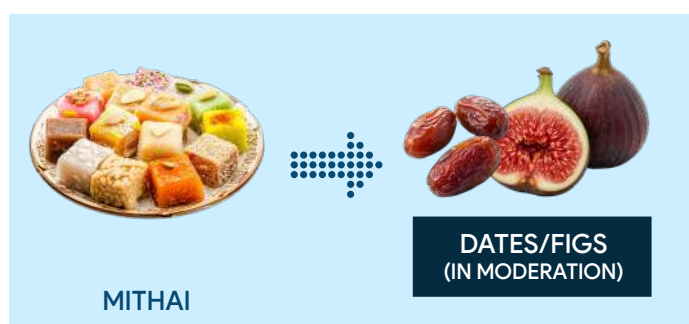
Balance is key. Ask me for easy sugar swaps.

Message “Sugar tips” to get smarter, sweeter hacks just for you.



## Sweet Swaps

### You Can Try:

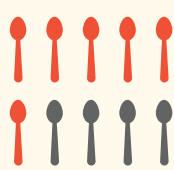


## Daily sugar limit

Women

**6**

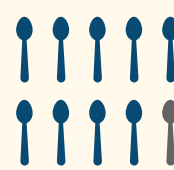
tsp



Men

**9**

tsp



(1 soda - full day's limit!)

Want help  
balancing your sugar?

**Just Ask ANYA!**

India's first AI Powered Health Chatbot

Available 24/7

