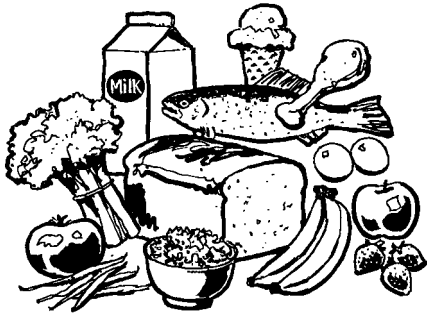
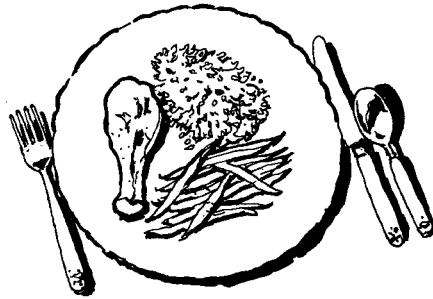


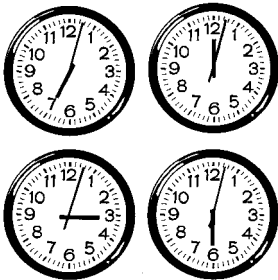
Eating the right types and right amounts of foods can help you control your diabetes and achieve a weight that is healthy for you.



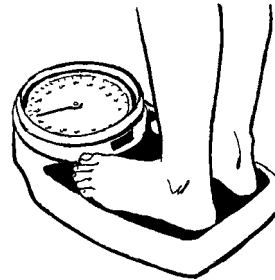
Eat a variety of foods from all food groups.



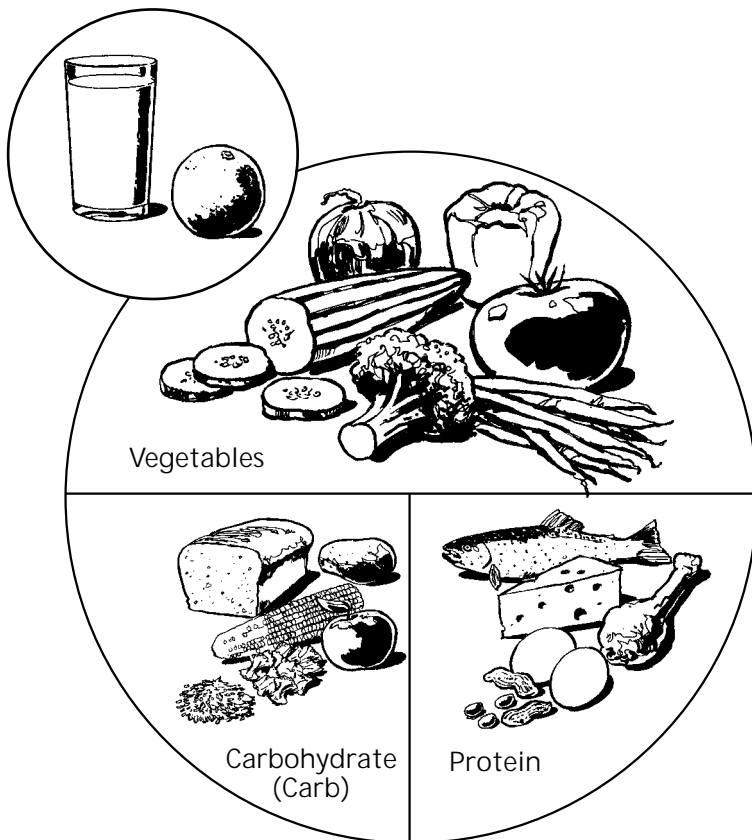
Eat about the same amount of carbohydrate foods each day.



Eat meals at the same time each day and don't skip meals.



Eat less if you want to lose weight.



Tips to Make a Healthy Meal

- Fill 1/2 of your plate with non-starchy vegetables (broccoli, green beans, carrots, green salad)
- Fill 1/4 of your plate with carb (bread, potato, rice, pasta or starchy vegetables). Choose carbs that are also good sources of fiber
- Fill 1/4 of your plate with protein foods (3-4 ounces of lean meat, poultry or fish)
- Use 1-2 tsp. of tub margarine or a heart-healthy vegetable oil
- Add a small piece of fruit or 8 ounces of skim/low fat milk

Ask your healthcare provider for help in scheduling a visit with a registered dietitian (RD).

Getting Started

Write down one change you would like to make in your eating pattern.

Remember: Regular physical activity (such as walking) is also important for diabetes control.