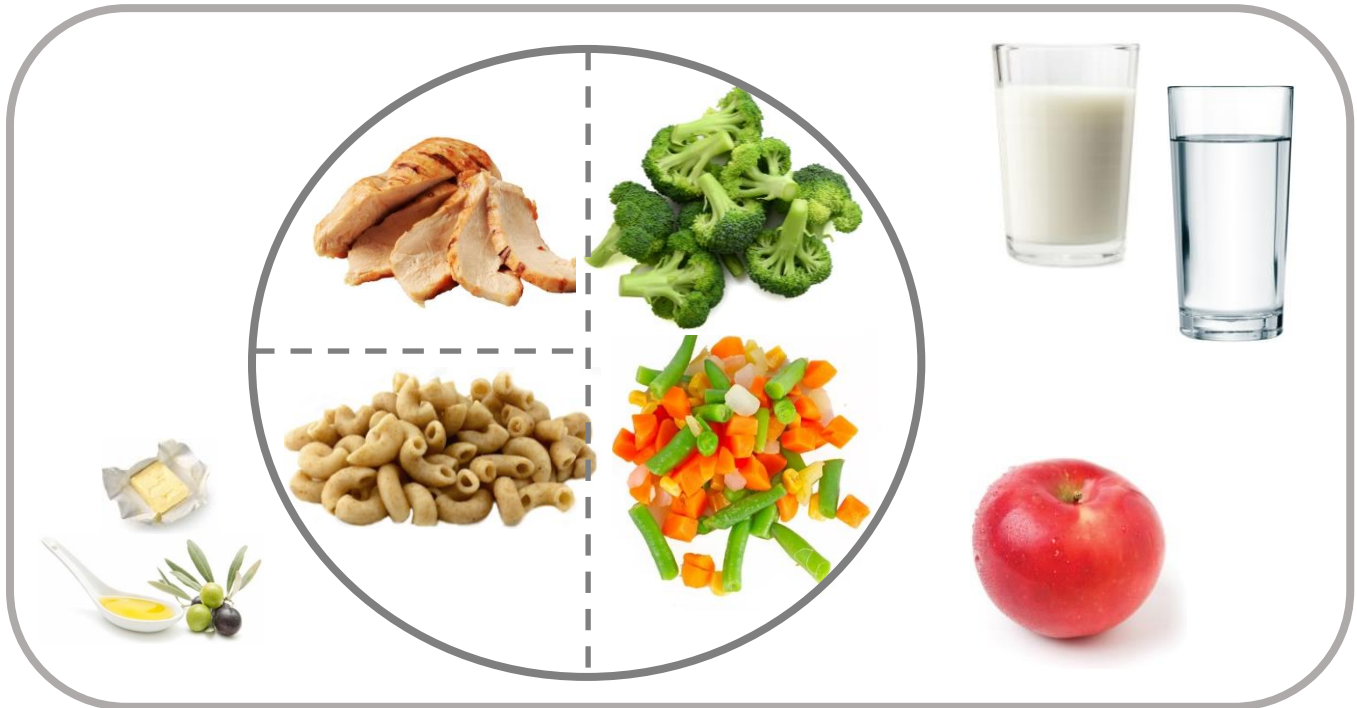


Healthy Meals to Help Your Diabetes

Make a healthy plate

A meal like the one below can help you to manage your blood sugar.



Use your hands to help you choose healthy portion sizes

Grains and Starchy Vegetables



Fruit



Milk or Fortified Soy Drink



These food groups **have carbohydrate** and raise your blood sugar. They are healthy to eat every day.

Vegetables



Meat and Protein Foods



Fats and Oils



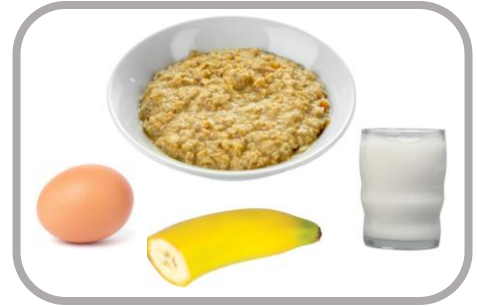
These food groups **don't have carbohydrate** and won't raise your blood sugar. They are healthy to eat every day.

Eat 3 meals a day to spread carbohydrate foods over the day

Morning



Or



Mid-day



Or



Evening



Or



Limit sugar and sugary foods and higher fat foods

<p>Sugar, syrup, honey, jam</p>	<p>Candy, chocolate, sugary cereal, ice cream, sweet baked foods</p>	<p>Snack foods: chips, French fries, cheesy snacks</p>	<p>Sugary drinks, pop, juice</p>
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