



# Tips for Eating: Prediabetes and Diabetes

## Class Materials

Links to the class materials are listed below in blue.

We encourage you to review the materials before the class and write down questions you have.

- [Healthy Eating for Diabetes](#)
- [Healthy Meals to Help Your Diabetes](#)
- [Healthy Snacks to Help Your Diabetes](#)



Updated December 1, 2025



**Primary Care  
Alberta**

Alberta Healthy Living  
Program