

Healthy Eating

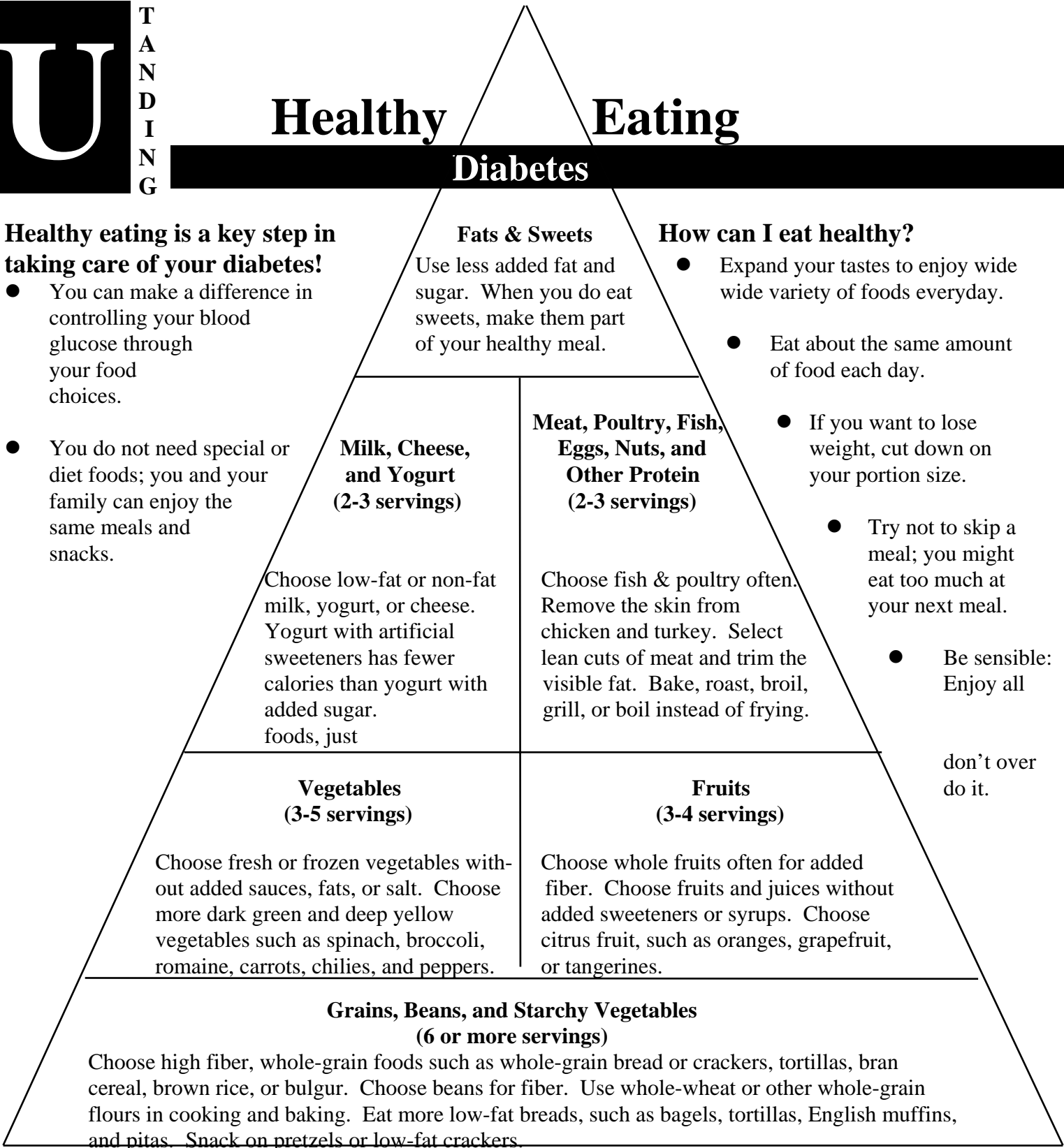
Diabetes

Healthy eating is a key step in taking care of your diabetes!

- You can make a difference in controlling your blood glucose through your food choices.
- You do not need special or diet foods; you and your family can enjoy the same meals and snacks.

How can I eat healthy?

- Expand your tastes to enjoy wide variety of foods everyday.
 - Eat about the same amount of food each day.
 - If you want to lose weight, cut down on your portion size.
 - Try not to skip a meal; you might eat too much at your next meal.
 - Be sensible: Enjoy all
- don't over do it.



For more information about the best meal plan for you, talk with a registered dietitian, the American Dietetic Association/National Center for Nutrition and Dietetics Hot Line (800-366-1655), or American Diabetes Association 800-DIABETES (800-342-2383).
Adapted February 1998 from publications of the American Dietetic Association and the American Diabetes Association