

WHAT CAN I EAT?

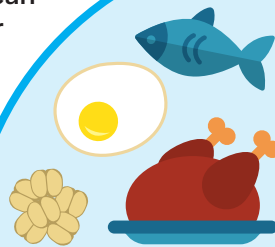
People with diabetes can eat the foods they love, but balancing your diet will help you keep your blood sugar level under control. It is important to remember that everything you eat or drink will affect your blood sugar. Limiting sugar, salt and fat in your meals will help. Your doctor, pharmacist and diabetes

educator/dietitian can all help you with questions about balancing your meals along with medicines, exercise and other things in your daily life. One good way to help you plan meals is the "Healthy Plate" method of filling sections of your plate with different kinds of foods.

THE HEALTHY PLATE

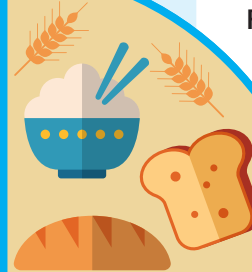
25% HIGH PROTEIN FOODS

Fill **1/4 of your plate** with lean meat like fish or chicken, or other high-protein foods like eggs, beans, nuts or lentils (limit red meat & cheese).

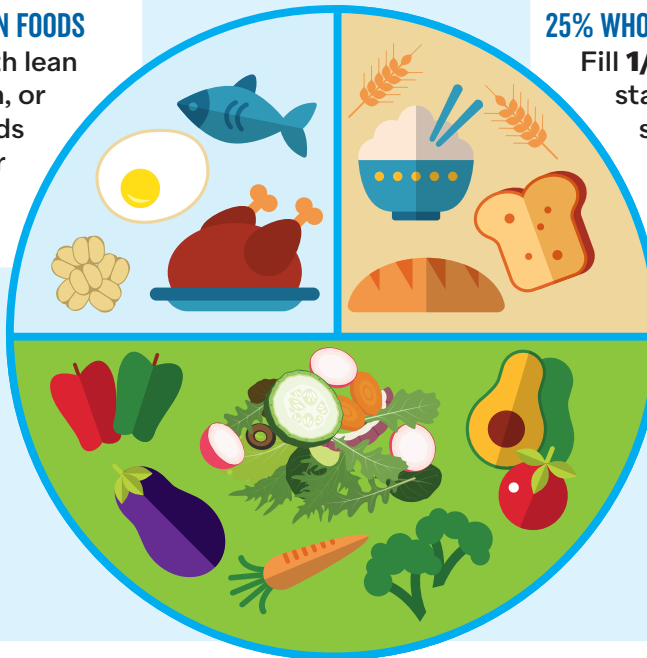


25% WHOLE GRAINS/STARCHY VEGETABLES

Fill **1/4 of your plate** with starchy whole grain foods such as brown rice, whole grain breads, pasta, corn, peas or potatoes.



Eat a small amount of fruit 3 or 4 times a day.



Drink water, tea or coffee...but limit sugar, salt and fat in all meals.

50% VEGETABLES

Fill **1/2 of your plate** with vegetables such as salad, broccoli, peppers, carrots, eggplant and tomatoes. Eat as many non-starchy vegetables as you want.



QUICK TIPS

- ✓ **Eat breakfast every day.**
- ✓ **Eat small snacks between meals.**
- ✓ **Don't go too long without eating.**
- ✓ **Learn to read food labels, count carbohydrates and more from your doctor, pharmacist or diabetes educator/dietitian. We are here to help!**

Here to help with: Medications, Supplies, Support.

www.fredsmeds.com/diabetes

