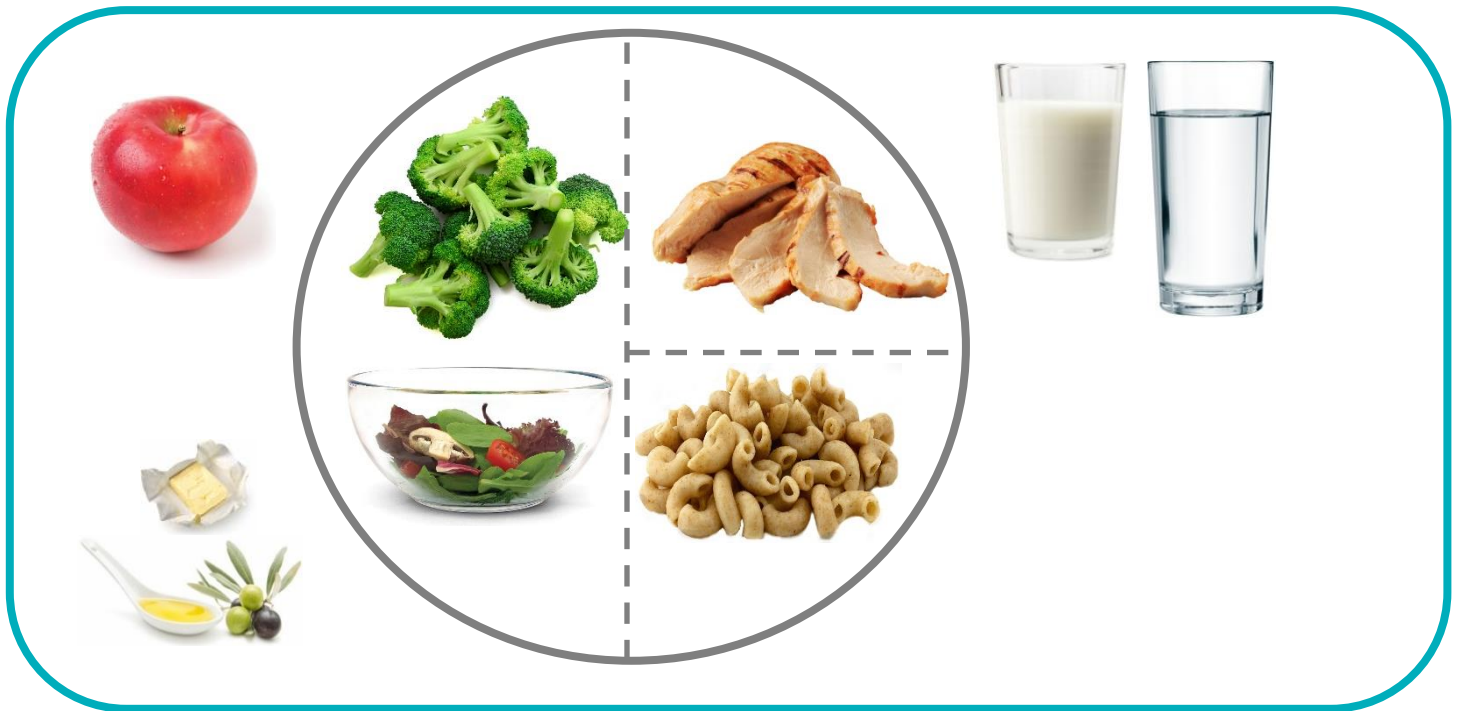





# Healthy Meals to Help Your Diabetes

Making meals like the one below can help you manage your blood sugar and diabetes. Speak to your healthcare provider if you need more support to plan meals.



Use your hands to help you choose healthy portion sizes.

Grains and Starchy Vegetables	Fruit	Milk or Fortified Soy Drink
		
<p>These foods <b>have carbohydrate</b> and raise your blood sugar. They are healthy to eat every day.</p>		

Non-Starchy Vegetables	Meat and Protein Foods	Fats and Oils
		
<p>These foods <b>don't have carbohydrate</b> and won't raise your blood sugar. They are healthy to eat every day.</p>		

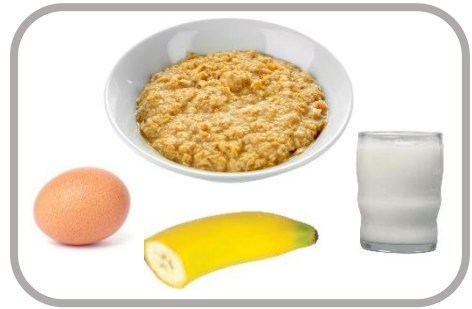
# Eat 3 meals a day to spread carbohydrate foods over the day.

Examples of meals are provided below. Choose foods that work best for you.

## Morning



Or



## Mid-day



Or



## Evening



Or



## Limit sweet 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>
---------------------------------	--	--	----------------------------------