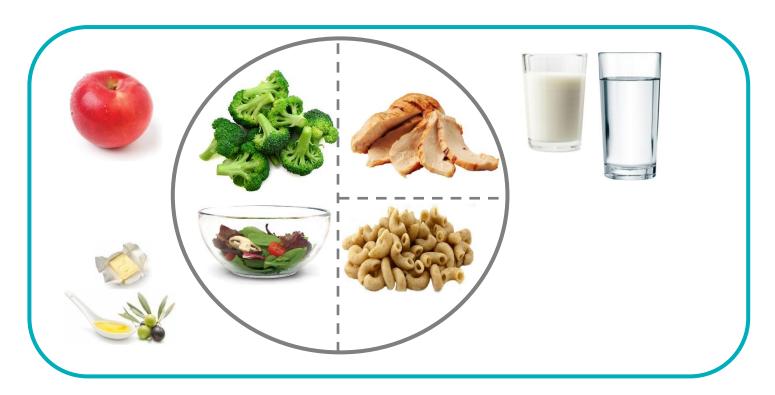
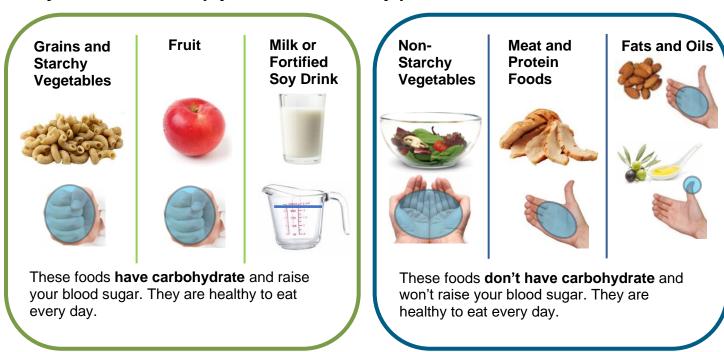
# **Healthy Meals to Help Your Diabetes**

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.





#### 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







Mid-day





Or



#### **Evening**





Or



## Limit sweet foods and higher fat foods.



Sugar, syrup, honey, jam



Candy, chocolate, sugary cereal, ice cream, sweet baked foods



Snack foods: chips, French fries, cheesy snacks



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