

*Healthy Eating
is the First Step in Taking
Care of Your Diabetes*



Limit portion sizes



**Fats, Sweets,
Alcohol**
Use sparingly



*Eat a variety of
foods*



Milk

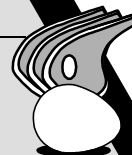
2-3 servings / day

Best Choices:
low or non fat
products

Meat

6 - 8 ounces / day

Best Choices:
lean cuts, baked
or grilled



Vegetables

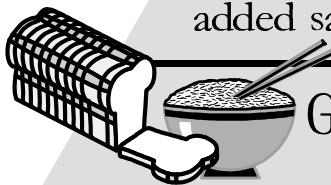
3 - 5 servings / day

Best Choices: fresh or
frozen vegetables without
added sauces, fats, or salt

Fruits

3 - 4 servings / day

Best Choices: whole fresh
fruits, juices without
added sweeteners



Grains / Beans / Starchy Vegetables

6 or more servings / day

Best Choices: whole grain breads and cereals, brown rice, tortillas,
beans, bagels, English muffins, pita bread, pretzels, low fat crackers

*Try not to skip
meals*



*Eat at regular
times*



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