Healthy
Eating with
Diabetes



1/4 STARCH Yellow rice and pigeon peas 1/4 PROTEIN Grilled chicken

9 INCH PLATE 1/2 PLATE VEGETABLES Mixed vegetables

Foods to limit:

- White rice
- + Sugary drinks (soda, juice, ginger ale)
- + Processed meats (sausage, bacon, cold cuts)
- + Sweets and fried foods

Live Your Healthiest Life.



GLUCOSE LEVELS MONITOR	MY EXERCISE PLAN	A1C LEVELS
My fasting blood sugar goal is:	Activity:	My current A1C level is:
Two hours after I eat, my blood sugar	Days per week:	My A1C goal is:
levels should be:	S M T W T F S	
	Minutes per day:	
	minates per day.	
I will check my blood sugar:		
Time:		
	MY FOOD PLAN	
Time:	I will eat MORE:	
Time:	I will eat LESS:	
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