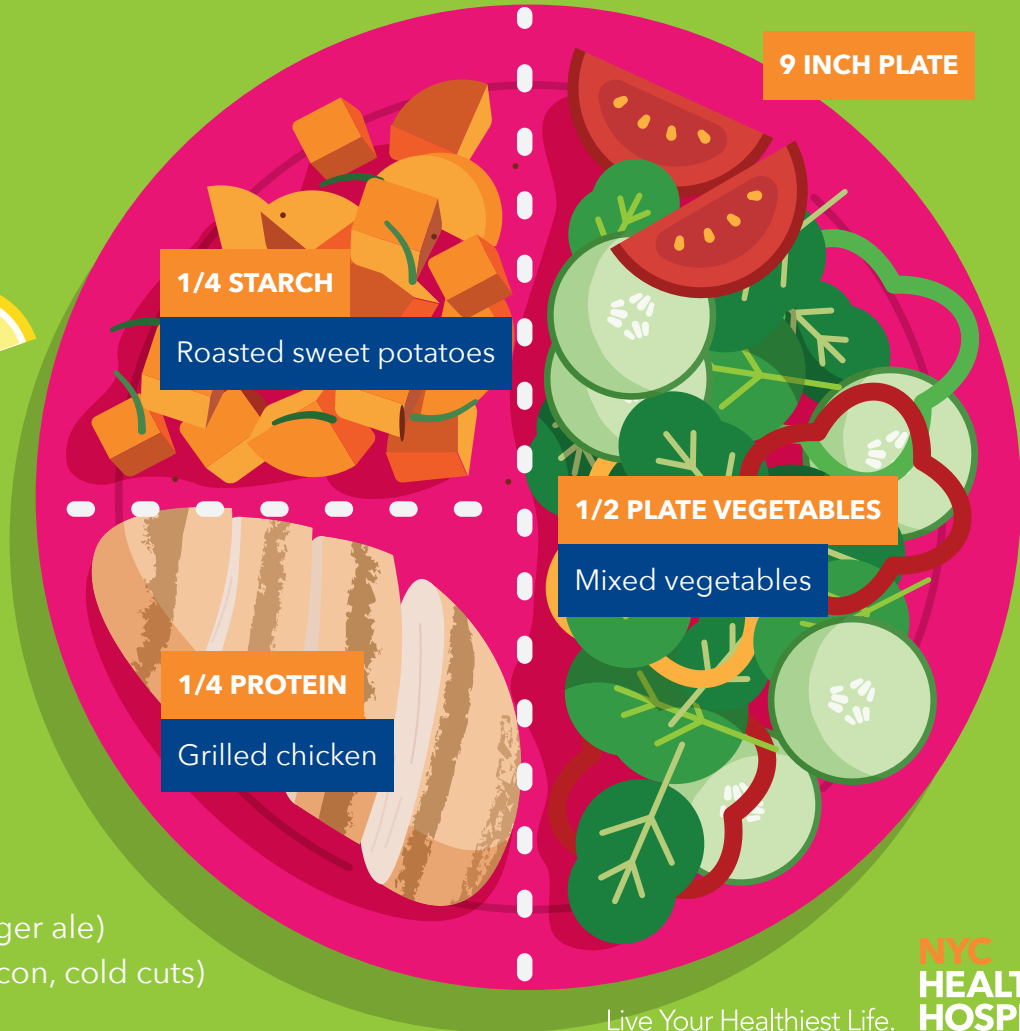


# Healthy Eating with Diabetes



WATER



9 INCH PLATE

1/4 STARCH  
Roasted sweet potatoes

1/2 PLATE VEGETABLES  
Mixed vegetables

1/4 PROTEIN  
Grilled chicken

## Foods to limit:

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

NAME

### GLUCOSE LEVELS MONITOR

My fasting blood sugar goal is:

Two hours after I eat, my blood sugar levels should be:

I will check my blood sugar:

Time:

Time:

Time:

### MY EXERCISE PLAN

Activity:

Days per week:

S M T W T F S

Minutes per day:

### A1C LEVELS

My current A1C level is:

My A1C goal is:

### MY FOOD PLAN

I will eat MORE:

I will eat LESS: