Healthy Eating with Diabetes

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

1/4 PROTEIN
Grilled chicken

1/4 STARCH
Black beans with tortilla

1/2 PLATE VEGETABLES
Mixed vegetables & avocado

WATER
9 INCH PLATE
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: 

MY EXERCISE PLAN
Activity: 

Days per week: 

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: 

NAME