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
Roasted sweet potatoes

1/2 PLATE VEGETABLES
Mixed vegetables

WATER
**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:

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:

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Live Your Healthiest Life.