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 fish

1/4 STARCH
Brown rice

1/2 PLATE VEGETABLES
Sauteed spinach and broccoli

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:

MY FOOD PLAN
I will eat MORE:

I will eat LESS:

A1C LEVELS
My current A1C level is:

My A1C goal is: