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
Curry chicken

1/4 STARCH
Whole wheat roti

1/2 PLATE VEGETABLES
Sauteed mixed vegetables

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:
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:

NAME

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NYC HEALTH+HOSPITALS