

do not eat

- Sugar
- Cookies
- Cake
- Ice Cream
- Donuts, Pastries
- Honey, Syrup
- Jam, Jelly
- Regular Soft Drinks

rules to follow

- Eat 3 meals each day.
- Eat at the same times each day.
- Do not skip a meal.
- Drink 1% or skim milk.
- Do not fry any food.
- Take the skin off chicken and turkey.
- Use only sugar free foods.



simple rules for diabetes