

great
living starts here™

quick starts diabetes diet



- Remember that carbohydrate foods (foods from the starch, fruit, and milk groups) affect your blood sugar.
- Have foods from these food groups at every meal and planned snack.
- Desserts and sweets also contain carbohydrates and need to be counted into your meal plan. Don't omit these foods and "save" for later meals and snacks.
- Eating too little can make your blood sugar too low. Eating too much can make your blood sugar too high.
- Try to eat meals and snacks at the same times each day.
- Your nutrition goals may differ from someone else you know with diabetes. Not everyone has the same meal plan. For some, cutting calories is most important. Others may need to limit fat and salt, and eat more foods high in fiber. Work with a dietitian to identify your own goal.

