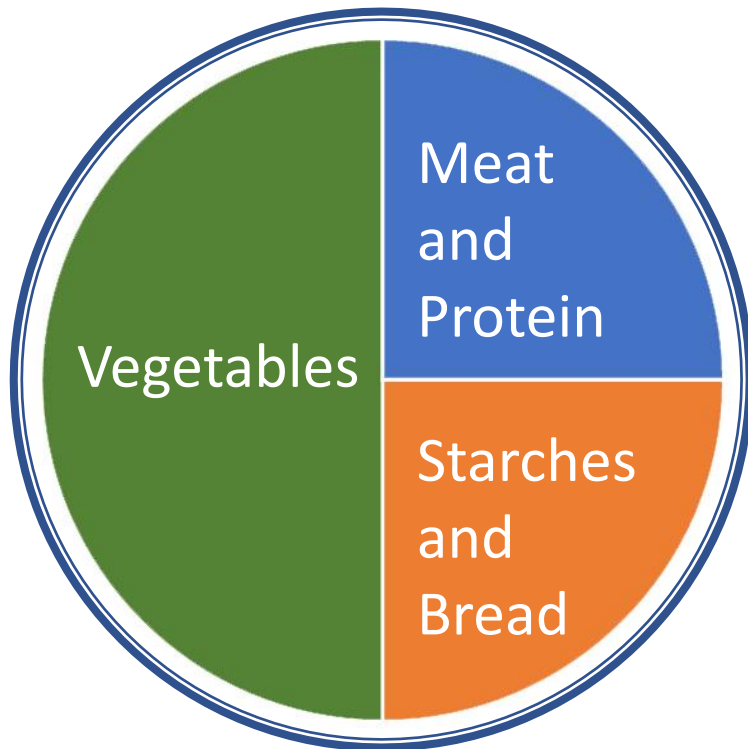


Diabetes and Nutrition



- **Vegetables**
Little effect on blood sugar
- **Starches and Bread**
Raise blood sugar slightly
- **Meat and Protein**
Raise blood sugar

Eat three meals daily

- Evenly spaced
- Evenly sized
- Include a fruit and/or vegetable
- Look for foods with three or more grams of total fiber per serving

Beverages

- Low-calorie or calorie-free

Practice moderation