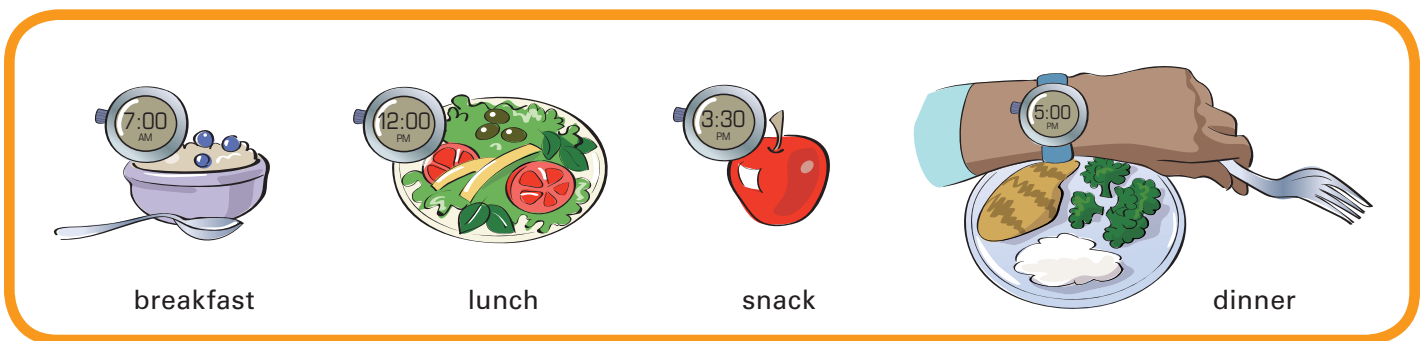


Healthy eating

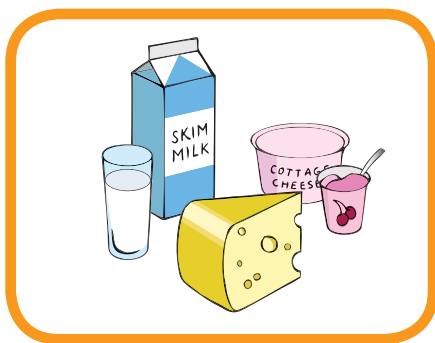
Plan your meals

Eating the right foods at the right times and in the right amounts can help you control your blood sugar.

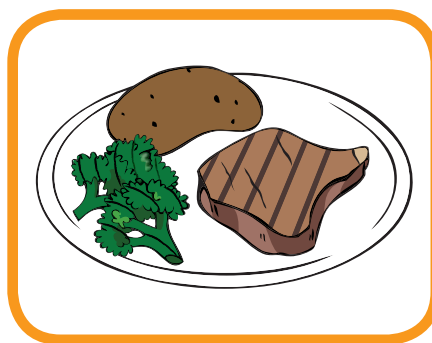


1. Eat meals and snacks at regular times every day.
2. Spread your meals 4 to 5 hours apart, with snacks in between.

What to eat



1. Use low-fat or fat-free milk, yogurt, and cheese.

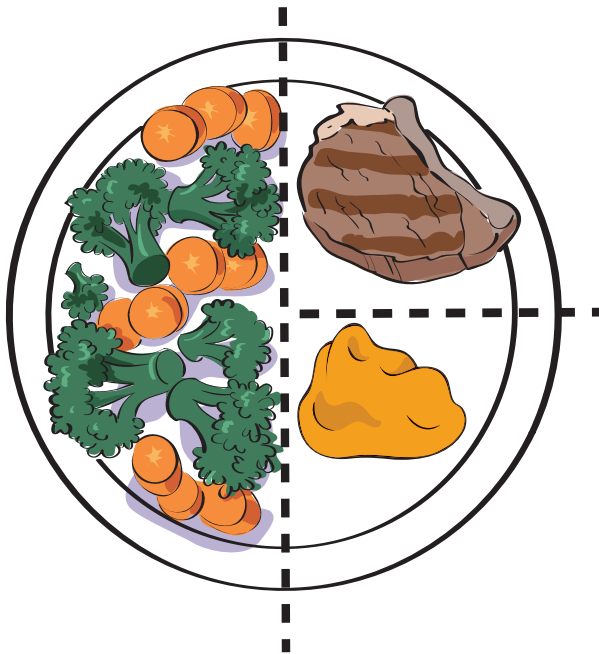


2. Grill, bake, or broil lean meat, fish and vegetables.



3. Eat more whole-wheat and whole-grain breads and cereals.

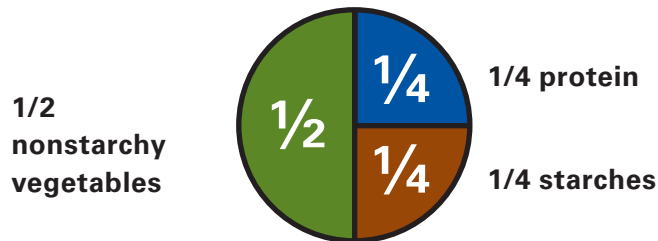
Portions for a meal











It is important to know what to eat, when to eat, and how much to eat. You can do this by learning to recognize and control your food portions.

How to divide your plate

Fill at least half of your plate with nonstarchy vegetables and have smaller amounts of starches and meats.



Use your hand as a guide for measuring food portions

	=	
apple or other fruit		
	=	
salad greens or vegetables		
	=	
meat or fish		
	=	
butter, margarine or other fats		