

Q FOR EATING HEALTHY WITH DIABETES QUICK STARTS

- 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.
- Your blood sugar will go low if you eat too little or go high if you eat too much.
- 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.

